

# If You Are Being Harassed on a Train or in a Station



*Below are some steps that may help you get away from the situation and get support.*

## Action 1: Interrupt the Harassment

- If it feels safe, loudly request they leave you alone.
- Get up and move—preferably one or more cars.

## Action 2: Assess and Get Help

### Still being harassed?

Consider asking another BART rider for help to escort you to the agent booth or sit with you on the train. Trust your instincts, don't be afraid to move, draw attention to yourself, or ask for help. Find your car number—located above the door between train cars.

- Contact BART police using BART Watch App; or
- Contact BART Police: TEXT 510-200-0992, PHONE 510-464-7000; or
- Contact the train operator using the intercom located at center of car near the exit doors.
- In the station: use police contact above, find a white phone in the station, or go to an attended station agent booth.

### No longer being harassed?

- Report incident on the BART Watch App—helps BART learn ways to support riders.
- Pay attention when you get to your destination to make sure no further contact occurs.

# Resources

If you need support or want to offer support



These community organizations provide services for gender-based violence and sexual harassment:

- Bay Area Women Against Rape (510) 800-4247 (habla español)
- Family Violence Law Center (Alameda County) (800) 947-8301
- San Francisco Women Against Rape (415) 647-7273
- National Domestic Violence Hotline (800) 799-7233

## Bystander Quick Tips

- If you feel safe doing so, speak to the person being harassed, not the harasser. Use a question that starts a conversation—like asking directions. Do not engage the harasser.
- Ask if the person wants you to stay with them, or contact BART Police or train operator for help.
- Ask another person to document or contact help if necessary.

## Bystander Intervention Training

Watch our bystander intervention training to learn how to assist when people are being harassed.

[bart.gov/NotOneMore](http://bart.gov/NotOneMore)



**#NotOneMore** is a youth-led initiative in partnership with community-based organizations and BART to end harassment. **[bart.gov/NotOneMore](http://bart.gov/NotOneMore)**