



Report of the event - Workshop on Standing Against Street Harassment

On 11th November 2021, a training session was conducted on 'Standing Up Against Street Harassment-How to use 5Ds to stop street Harassment', in partnership with Breakthrough Trust, Hollaback Foundation, and L'Oréal Paris', for the students of the college. The training was organized by the Seminar, Publication and Academic Calendar Committee. The principal, committee members and around 400 students of the college were in attendance. The training session was led by Bisma Javed, Gender Sensitive certified trainer from Hollaback Foundation. Ms. Javed has done Bachelors in Sociology and Masters in Gender Studies from Jamia Millia Islamia. She is associated with Breakthrough since 2019. She was awarded with the "Rising Woman Award 2021" on the occasion of International Women's Day. She has also recently represented India in Asia-Pacific Generation Equality Dialogue - Youth Activism Accelerator organized by UN Women. She is actively involved in training students on how to safely intervene if they witness street harassment and how to protect themselves in such situations. She also writes on gender-sensitive topics through short columns and digital art pages on social media platforms. Bisma Javed discussed with the students how Street harassment is a growing issue that affects many women and can take many forms, from cat-calling and staring to being followed on the street. This can be a traumatic experience, and it is important to have strategies in place to deal with it.

The session was divided into two parts, with the first focusing on how to save someone from street harassment, and the second focusing on how to deal with street harassment when it affects the individual. The main goal of the session was to raise awareness and provide an intervention strategy for our female students, ultimately leading to a safer space for women and girls. Javed shared the 5D formula for dealing with street harassment: Distract, Delegate, Document, Delay, and Direct. She explained that the first D, Distract, involves taking an indirect approach to de-escalate the situation, while the second D, Delegate, involves seeking help from the nearest authority if safety is compromised. The third D, Document, is important for providing evidence if needed, but it should not be the only action taken. The fourth D, Delay, involves checking in with the harassed person after the incident, and the last D, Direct, involves assessing safety and speaking up about the harassment. Javed emphasized the importance of being a good bystander and assessing which of the 5Ds is the best option in each situation. Javed also addressed how to deal with street harassment when it affects the individual. She advised that individuals should trust their instincts, reclaim their space, and practice resilience. She explained that there is no right or perfect response to harassment, but that responding can reduce the trauma associated. She also emphasized the importance of documenting the situation and taking care of oneself after the incident.

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