

**Important information for
bystanders to Islamophobia**

BECOMING AN UPSTANDER

***Don't stand by
stand up.***



**ISLAMOPHOBIA
REGISTER
AUSTRALIA**

We acknowledge First Nations peoples as the traditional and continuing custodians of the lands on which this booklet was produced and publicised. We pay our respects to their Elders, both past and present.



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Note that this booklet refers to the Islamophobia Register Australia's previous reports, published in partnership with Charles Sturt University and the Islamic Sciences Research Academy and principally authored by Dr Derya Iner. All of the Register's previous reports can be found here: <https://islamophobia.com.au/publications/our-reports/>

This information booklet is part of the Islamophobia Register Australia's Activation of Bystanders Campaign. Funding for this campaign has been provided by the NSW Government through Multicultural NSW.

According to the latest Islamophobia in Australia report, despite the prevalence of Islamophobic incidents taking place in the most frequented public places, people witnessing incidents are often not intervening to support victims.

Bystanders' inaction were common behaviours cited in the report and witness reporting dropped by about half (from 47% to 24%) during the reporting period.



WHO IS

A BYSTANDER?

A person who witnesses an act of verbal abuse, violence, discrimination, harassment or any other form of Islamophobia, but is neither the perpetrator nor the victim, is referred to as a bystander.

AN EXAMPLE REPORTED TO THE REGISTER:

Muslim university student was called a terrorist, sworn at and spat on in the bus, and no action was taken by any of the other passengers.
(Case 38-21, Islamophobia in Australia Report IV, p47)

THE 'BYSTANDER EFFECT'

The 'bystander effect' refers to a social phenomenon whereby the more people that are present when an incident is occurring, the less likely it is that any one individual will step in to intervene. Research suggests that having many people present diffuses the sense of responsibility to respond.

When other people also do not respond, the situation is seen as not needing a response or as not appropriate to respond to.



BYSTANDER



A bystander is someone who does not become involved when someone else needs help.

BYSTANDER ACTIVATION

Being present and aware means bystanders can play a vital role by taking action and intervening, if they feel it is safe to do so.



By becoming proactive, a bystander becomes an upstander and breaks the cycle of the bystander effect.



WHO IS

AN UPSTANDER?

“An upstander is a bystander who recognizes acts or utterances of injustice and takes a stand by interrupting and challenging situations that normalize discrimination and potential violence.”

(Nelson et al., 2011; Grantham, 2011; Parrott et al., 2020).

AN EXAMPLE REPORTED TO THE REGISTER:

A Muslim woman was rudely chided for not wearing her mask properly, when another woman interfered and asked the perpetrators to be polite.
(Case 60-21, Islamophobia in Australia Report IV, p35)



**RECOGNISE
RESPOND
RECORD
REPORT**

THE 4 R'S

IN BECOMING AN UPSTANDER

RECOGNISE
RESPOND
RECORD
REPORT

If you are a bystander in a situation of possible Islamophobia, the Register recommends that you implement the four R's. This will ensure that you become an upstander.



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1

RECOGNISE



2

RESPOND



3

RECORD



4

BUS STATION

REPORT

**RECOGNISE
RESPOND
RECORD
REPORT**

RECOGNISE

It is important to firstly understand and recognise what Islamophobia is:

“Islamophobia is rooted in racism and is a type of racism that targets expressions of Muslimness or perceived Muslimness.”

All Party Parliamentary Group (APPG) on British Muslims, 2018.



Although Islam is a faith and not a race, Islamophobia is a kind of 'anti-Muslim racism' (Runnymede, 2018), where many negative perceptions are attributed to Muslims and Muslim communities, viewing them as all the same (homogenous) and fundamentally different to the rest of society.

This means Islamophobia has much in common with other forms of racism and prejudice.

Upstanders need to be able to recognise the various manifestations and incidents of Islamophobia, such as harassment, discrimination and hate crimes targeting Muslims, in order to be able to stand up and intervene at a time when another person finds themselves in a vulnerable situation.

- A Muslim woman having her hijab pulled
- Religious slurs or anti-Muslim comments targeted at a Muslim eg: 'terrorist', 'raghead'
- A Muslim having their faith or religious practices mocked
- Deliberately being given pork or alcohol as a means of humiliation
- Physical abuse levelled at a Muslim for their faith

RESPOND

- Speak up and call the behaviour out, where it is safe to do so.
- Offer the victim support. Let the victim know that what happened to them is unacceptable and ask them what you can do to help or if there is anyone you can call for them.
- Alert any police or security guards who may be around.
- Alert key figures in the relevant situation such as bus drivers, shop keepers or train guards.
- If on public transport and where appropriate, press the emergency or duress button.

RECORD

- If it is safe to do so, record the incident on your phone camera and/or take pictures.
- Note down key details of the incident such as date, time, the perpetrator's appearance and key location indicators such as train carriage number or bus number.
- Take down the names and contact details of any witnesses who were present - these details may prove critical during any police investigations.

REPORT

- In an emergency, dial 000.
- If a crime has been committed, contact the police on 000.
- Report the incident to the Islamophobia Register Australia.
- The Register can also assist you to report the incident to the police, if desired.



REPORTING TO THE REGISTER



Submit an incident report
via islamophobia.com.au



Send a voice memo with incident details
to +61 421 071 361



Send an sms requesting a call back
to +61 421 071 361



Send an email to report [@islamophobia.com.au](mailto:report@islamophobia.com.au)



Send a private message to our instagram
page: [islamophobiaregisteraus](https://www.instagram.com/islamophobiaregisteraus)



Send a private message to our Facebook
page: 'Islamophobia Register Australia'

A support officer will then contact
you. Your details will be kept
confidential.

UPSTANDERS



Are you familiar with this area?
Can you help me spot my stop?

BEING AN UPSTANDER ONLINE

Social media platforms can be a powerful tool in spreading Islamophobia, so it is important to act fast.

Upstanders can respond to Islamophobia online by implementing the following:

- Most social media platforms have a report function – utilise this function to report the Islamophobic content.
- Take screenshots of the content.
- Block the person.
- If you witness a friend being a target of Islamophobia, check in with your friend and encourage them to report and block.
- Online incidents should be reported to the Police if there is a serious threat
- Report serious online abuse to eSafety <https://www.esafety.gov.au/report/what-you-can-report-to-esafety>
- All online incidents should also be reported to the Register.
- If you believe Islamophobia occurred, please report to the Register even if the relevant social media platform did not take action against it. See the example.

If you are proactive after witnessing online abuse or bullying, you are choosing to be an upstander, taking positive steps to countering Islamophobia.

AN EXAMPLE REPORTED TO THE REGISTER:

*“This doesn’t go against ‘their standards’. Feeling angry...and I’m not even Muslim. This is vile.”
(Case 66, Islamophobia in Australia Report III, p47)*

COPING WITH ISLAMOPHOBIA

If you have witnessed Islamophobia, you may have experienced vicarious trauma or have otherwise had your mental health adversely impacted.



If you require mental health support or find the contents of this booklet distressing, please contact these confidential helplines:

- Hayat Line: 1300 993 398 (Mon-Fri 9am-5pm). A free and confidential crisis support line for Muslims in Australia.
- Lifeline: 13 11 14. 24-hour telephone crisis support service in Australia. Provide suicide prevention services, mental health support and emotional assistance.
- Beyond Blue Support Service: 1300 22 4636. Available 24/7 for brief counselling. Get free, confidential counselling (local call costs apply).



All general enquiries to:
contact@islamophobia.com.au

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TRACKING AND TACKLING ISLAMOPHOBIA.

If you found this information booklet helpful, Bystander Activation training can be organised for your workplace, community group or other institution.

Please email contact@islamophobia.com.au to enquire.



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