

How can you contribute to social safety at VU Amsterdam?



1. Be open to other perspectives

- Listen actively to others, even when you disagree.
- When you feel a judgment coming up, see if you can turn it into a genuine question.
- Let others finish speaking—avoid interrupting.

2. Giving and receiving feedback

- Offer constructive feedback: focus on behaviour, not the person.
- Be open to feedback about your own behaviour—treat it as a learning opportunity.
- Take responsibility if you have said or done something wrong.

3. Be mindful of your words and actions

- Consider the impact of your jokes or remarks.
- Avoid discriminatory, racist, intimidating and sexist language.
- Be aware of your own worldview and how it may influence your opinions of others.
- Take responsibility if you've said or done something inappropriate.

4. Create space for others

- Contribute to a positive and inclusive atmosphere.
- Actively involve new or quieter students, colleagues, or PhD candidates in the conversation.
- Ask open-ended questions and give others the space to share their experiences.

5. Speak up against inappropriate behaviour

- If you witness inappropriate behaviour, speak up (if safe to do so) or report it. [See the tips](#) on how to intervene as an active bystander.
- Support anyone who feels socially unsafe—show them they are not alone.

6. Know where to go for support

- Are you experiencing inappropriate behaviour such as bullying, discrimination, racism, or (sexual) harassment?
- Click [here](#) to find out where you can get support at VU Amsterdam