

THIS IS WHO WE ARE.

PROTECTION · CONSENT

Signal for Help

« If one person in the room knows this signal, that's enough to change everything. »



Learn the gesture.

Share it.
Protect others.

THE GESTURE — 3 STEPS + RESPOND

→ Open palm — 5 fingers spread

→ Close your 4 fingers

→ Tuck your thumb inward

→ If you see this gesture —
intervene!

HOW TO USE IT

Music too loud, light too dim, body not responding — a discreet gesture is enough. Even at hip level.

WHY THIS SIGNAL

When words fail, the gesture takes over. Created by the Canadian Women's Foundation, adopted in over 50 countries.

IF YOU SEE IT

Approach naturally. Create a diversion. Listen without judgment. Connect to staff. Never directly confront the aggressor.

WHAT THIS MEANS IN PRACTICE

- Memorize this gesture and teach it to those around you
- Approach discreetly — as if you know the person
- Call 911 in case of immediate danger
- Never confront the aggressor directly
- Connect the person to staff or support resources

SOURCE

Signal for Help created by the Canadian Women's Foundation (2020). Adapted by S.O.U.L. Montréal for the underground scene. Freely distributed.

Signal-PT



S.O.U.L. Montréal
Spirit Of Underground Living

[soulmontreal.com/en/
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