

Learn more about...

ACTIVE BYSTANDER INTERVENTION



There are 5 steps to active Bystander Intervention:

- 1. Notice a situation**
- 2. Interpret a situation as someone is in danger or there is a potential for danger**
 - Many situations are ambiguous
 - It's okay to misjudge the situation—you are looking out for someone's safety
- 3. Assume responsibility to help**
 - Realize that YOU personally should do something to help the victim and that if you don't help, no one will
- 4. Know how to help**
 - Use Bystander Techniques
- 5. Take action: Intervene safely**

Bystander Techniques – The 3 D's

DISTRACT

Refocus the aggressor's attention

- Ask for directions
- Spill a drink
- Engage them in conversation
- If you know the aggressor/potential aggressor, lure them away

DELEGATE

Involve others if you don't feel safe intervening alone (we don't want to create more victims...)

- Ask friends to help you distract or confront
- Find the person at risk's friends and tell them you are concerned about their friend
- Call 911

DIRECT

Directly confront the situation (think about how you would directly stop someone from driving drunk)

- "I don't like how you treat your partner – it's abusive and needs to stop." Offer to help find an intervention program.
- "This isn't okay. I'm getting her friends to take her home now."