

BYSTANDER INTERVENTION

HOW YOU CAN HELP PREVENT DOMESTIC/DATING VIOLENCE, SEXUAL ASSAULT & STALKING

Being an active bystander means recognizing when something isn't right and choosing to step in SAFELY.

Whether it's a joke, a comment or potentially a dangerous situation- your actions can make a difference.

01

RECOGNIZE WARNING SIGNS

- Someone is being followed, harassed or touched without consent
- Aggressive behavior during a party or social setting
- Jokes or comments that make someone uncomfortable
- Someone harassing or trying to isolate a person who appears intoxicated or vulnerable.

02

WAYS TO INTERVENE (THE 4 D'S)

Direct: Step in and say something like: "Hey, are you okay?" or "That's not cool to do that"

Distract: Change the subject or create a distraction: "Hey, can you help me find the bathroom?"

Delegate: Get help from someone else. A friend, RA, Campus Safety, staff, etc.

Delay: If it is unsafe to act in the moment, check in with the person afterward: "Hey, I saw what happened, are you okay?"

03

TIPS FOR INTERVENTION

- Trust your instincts; If something feels off, it probably is
- Don't put yourself in danger; use the method that feels the safest
- Use a calm and respectful tone
- Support friends who intervene, be part of the culture that cares

04

WHY IT MATTERS

- Most people don't intervene because they assume someone else will
- Your action, no matter how small, can disrupt harm, support a survivor, or prevent a situation from escalating
- Culture change happens one choice at a time