

BYSTANDER INTERVENTION

Bystander Intervention predicts the likelihood of individuals willing to actively address a situation they deem problematic. An **Active Bystander** is someone who acknowledges a problematic situation *and* chooses how to respond.

The three D's of Bystander Intervention are common ways individuals choose to respond:

Direct

Directly inserting yourself into a problematic situation and stopping it by addressing those involved.

Examples:

- Asking if someone is okay
- Pulling your friend away from someone trying to get them drunk
- Telling someone to stop their behavior

Distract

Defusing a potentially problematic situation by distracting those involved and interrupting the activity.

Examples:

- Breaking up a heated argument by pretending you lost your keys
- Accidentally spilling a drink to distract others
- Asking to borrow a cell phone from someone in the situation

Delegate

If you feel unsafe or uncomfortable stepping in yourself, getting someone to intervene for you who might be more equipped or better able to handle the situation.

Examples:

- Calling the police when it looks like a verbal argument might turn physical
- Asking a friend to check on someone they're closer with than you are
- Alerting your RA that you are worried about a hallmate

If one person steps up and intervenes in a situation, other people will follow.

DON'T STAND BY, STAND UP!