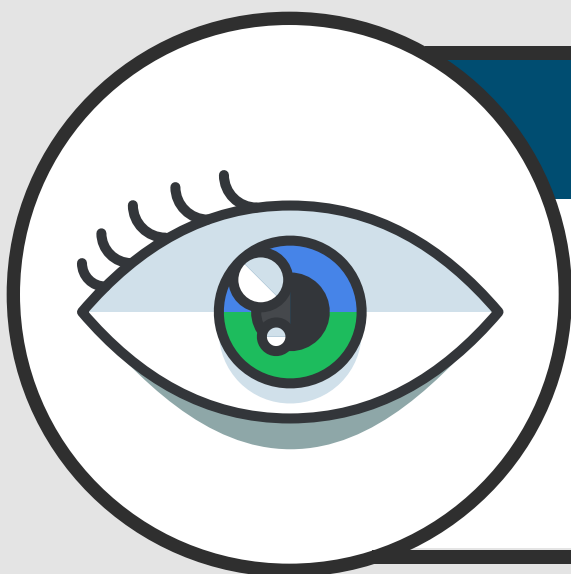


# SAFE & ACTIVE BYSTANDER TIPS

SEE SOMETHING SAY SOMETHING DO SOMETHING

Because everyone deserves love, friendship, and family without fear, control, or violence

In most situations that lead to sexual assault, relationship violence, and stalking, there are opportunities when people can intervene. Read this handout to learn some tips for safe ways to do something to help prevent violence on our campus.



## 1 NOTICE THE EVENT

### WHAT TO LOOK AND LISTEN FOR:

- Words
- Tone of voice
- Body language
- Facial expressions
- Use of touch, force, or power

### PAY ATTENTION

*Interrupting violence does not always require a "culminating event," such as rape or a couple fighting. Instead, there are hundreds of little interactions, comments, gestures, and other clues that lead up to what we think of as a violent act.*

## 2 RECOGNIZE IF THERE IS A PROBLEM

### OBSERVE BEHAVIOR, NOT PEOPLE

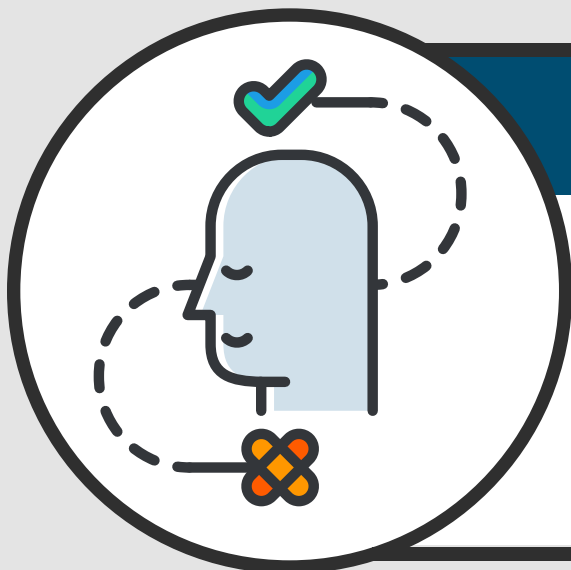
*Consider whether the situation demands action. If the behavior looks inappropriate, not mutual, harassing, abusive, or violent, then you can do something to help.*

**HEALTHY:** Behavior that is respectful, safe, age-appropriate, playful, and/or mutually flirtatious

**PROBLEMATIC:** Behavior that is inappropriate, not mutual, controlling, harassing, abusive, violent, or making someone afraid



## 3 TAKE RESPONSIBILITY TO ACT



- Even if other bystanders are present...
- Even if you feel uncertain...
- Even if it doesn't appear "urgent" to others...
- Even if you think someone else might do a better job...

*You can do something to help.*

### IT'S NOT ALWAYS EASY TO DO THE RIGHT THING

*In situations where there is abuse or assault, people often find it overwhelming and choose to do nothing. However, research suggests that bystander intervention works to prevent violence when people take personal responsibility AND have confidence in their ability to act.*

#### ADAPTED FROM:

Tabachnick, J. (2009). Engaging Bystanders in Sexual Violence Prevention. Retrieved from National Sexual Violence Resource Center: [http://www.nsvrc.org/sites/default/files/Publications\\_NSVRC\\_Booklets\\_Engaging-Bystanders-in-Sexual-Violence-Prevention.pdf](http://www.nsvrc.org/sites/default/files/Publications_NSVRC_Booklets_Engaging-Bystanders-in-Sexual-Violence-Prevention.pdf)  
Law Room. (2016). Bridges: Building a Supportive Community. Law Room Training by Everfi. Retrieved from: [lawroom.com](http://lawroom.com).



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# 4

## DECIDE HOW TO INTERVENE

### THERE IS MORE THAN "ONE WAY"

Not everyone will respond to a situation in the same way. Find an approach that feels right for you. Make sure to assess the danger in a situation, and know when to get support for safety reasons.



### CALL IT OUT

Make it clear that what the person is doing is not OK. Be direct and use "I" or "We" statements.



#### What you can say:

"It makes me uncomfortable when.."  
"Hey, that's not cool."  
"We don't do that here."

### APPEAL TO FRIENDSHIP

Frame your concern in a caring and non-critical way.



#### What you can say:

"It's probably not your intention, but I think what you are saying is making people feel unsafe. Maybe we could go talk about it privately."

### STARE



Make sure that the offender knows that you are a witness. Sometimes a long, silent stare might be all that is necessary to stop their behavior.

### DISTRACT

This can be a good way to give a target of violence time to get away.

#### What you can do:

If you see someone harassing another person, tell them their car is getting towed.



### USE HUMOR

Only do this if you feel comfortable with it. Humor can cut tension in a rough situation, but it is important not to trivialize the bad behavior or mock your own reaction to it.

### BE SUPPORTIVE

Be a friend to someone in need.



#### What you can do:

Listen without judgment and encourage the person to make their own decisions. Help them make a safety plan, and offer your house as a safe place to stay. Make sure they do not feel isolated and alone.

### FIND HELP

Taking action can be easier with support.



#### What you can do:

Call Safety & Security or 911  
Speak with a victim advocate  
Ask a friend to help you with a difficult conversation



# 5

## RESPOND

SEE SOMETHING  
SAY SOMETHING  
DO SOMETHING

When you sense something is wrong, be the kind of person who does the right thing. Instead of keeping silent or doing nothing, be an active bystander. By responding to acts of abuse or violence, you will set a positive example for others to act too. Then we can work together to make our campus a safer place.

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Law Room. (2016). Bridges: Building a Supportive Community. Law Room Training by Everfi. Retrieved from: lawroom.com.



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