



SEE THE SIGNS:

STAND UP
SPEAK OUT



BELLA



LIBBY

Be present

Questions, Questions, Questions

Vegas Rule

Share the airtime

Reserve the right to change your mind

Group Norms



Pre-Test

What is Bystander Intervention?

by.stand.er in.ter.ven.tion

- Bystander Intervention is recognizing a potentially harmful situation or interaction and choosing to respond in a way that could positively influence the outcome. This means not only taking care of yourself, but also taking care of others.

4 things to remember...

Observe through the lens of a bystander

You could be connected to person involved

Focus on behaviors, not who is doing them

It's better to check in and be wrong, than wonder



Understanding Barriers

- ▶ Personal
- ▶ Relationship or Social



A Note on Safety

IF YOU YOURSELF ARE UNSAFE,
YOU CANNOT EFFECTIVELY INTERVENE.

Bystander Intervention



"HELPING ONE PERSON MIGHT NOT CHANGE THE
WHOLE WORLD, BUT IT COULD CHANGE THE
WORLD FOR ONE PERSON"

-UNKNOWN



NEW DIRECTIONS
740.397.HELP (4357)
www.newdirectionsshelter.org

DIRECT:

PERSON DOING HARM

Directly address the situation.
Step in and say or do something
with the person doing harm.

"Come on, that is not funny"
"Stop, that's not cool"

DIRECT:

PERSON BEING HARMED

Address the situation directly.
Go to the person being harmed
to help stop the situation.

"Can I help you?"
"Is this person bothering you?"

WAYS TO INTERVENE

DELEGATE

Get help. Find someone
who is more equipped to
handle the situation.

"Your friend looks like they need you"
"You need to go say something to your friend"
"You may want to go tell the teacher"

DISTRACT

Interrupt the situation and
find a way to redirect
the attention.

"Hey, your phone is ringing"
"Can I borrow your phone charger?"



Time to
Practice!



“

You're at a party and you notice a friend of yours is really drunk. There's a guy pushing her more drinks and talking about taking her home.

”

What do you do?




“

You're outside of your classroom and you see a couple you don't know very well arguing. It looks like it's about to get physical.

”

What are you most likely to do?



“ You’ve noticed that your co-worker’s ex is always waiting for him after work. He doesn’t seem excited to see her and he often stays late to avoid her. ”

What are you most likely to do?



Questions?



Please take
a moment
to fill out our
survey!



Final Questions & Evaluation

Libby

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Bella

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