

# SEE THE SIGNS: **STAND UP** SPFAK 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.

WAYS TO

**INTERVENE** 

"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?"

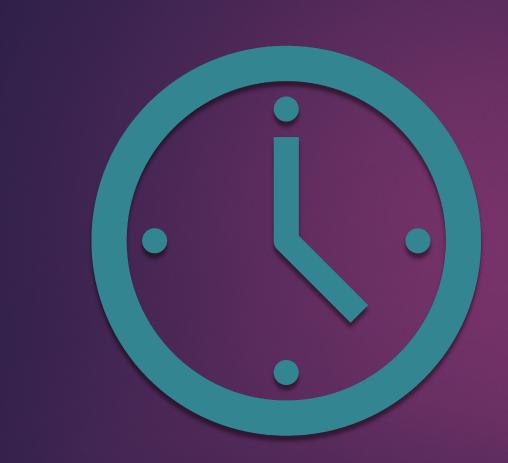
DISTRACT

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" 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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