Bystander Empowerment

The bystander effect describes how people are hesitant to help address a potentially dangerous situation. The larger the group witnessing an event, the more intense this effect becomes. People are more willing to help when others are already helping.

You can help!

➢ Model helping behaviors to encourage others to help.

➢ Remember – those who are asked to help are more likely to do so.

➢ Don't wait for someone else to do someting. You can make a difference.

➢ Keep your calm. Don't engage in any physical altercation or verbal abuse with the perpetrator.

➢ Your safety comes first. If you cannot safely intervene, tell someone else as soon as possible. Record the event if you can, but do not share the recording without the victim's consent.

Before stepping in, try the ABC approach:

A – **Assess for safety**: If you see someone in trouble, find the way to intervene safely. Remember, your own safety should be you first priorty, so this might be contacting authorities.

B – **Be with others**: There is safety in numbers. You will likely to have a greater influence on the situation when you work with others, and your own safety is increased.

C – **Care for the victim**: Ask if they need help and what kind of support would be best, from a ride home to calling authorities.

The Four Ds

DIRECT. Here you directly ask them to stop the behavior and explain why it is problematic. Remain calm and ddon't aggravate the situation. Always be aware of your own safety in these situations.

DISTRACT. Interrupt, start a conversation with the perpetrator, even just asking the time. You could spill a drink, turn the lights on and off quickly, or make an excuse to get the victim away.

DELEGATE. Find someone else who can help you intervene. This could be a peer, someone who knows one of the parties involved, or someone with authority or power to intervene.

DELAY. If you can't intervene, make sure to report the concern as soon as you are able. You can also reach out to the victim and check on them and provide support. It's never too late to act.

D·PREP
SAFETY DIVISION