

# Strategies for Effective Bystander Intervention



## TRAINING RESOURCES

### DCR Resources

- Education and Training Unit Email, [education@njcivilrights.gov](mailto:education@njcivilrights.gov)
- DCR Anti-Discrimination Trainings, <https://bit.ly/DCRtrainings>
- NJBIAS (to file a complaint with DCR), <https://bit.ly/file-complaint-DCR>
- NJ Division on Civil Rights, *Bias Incident Report 2020*, <https://bit.ly/BiasReport2020>
- DCR Fact Sheets, [https://bit.ly/DCR\\_Fact\\_Sheets](https://bit.ly/DCR_Fact_Sheets)

### Statistics, Studies, and Legal Cases Referred to in the Training

- American Psychological Association, *Would I Be Helped? Cross-National CCTV Footage Shows that Intervention is the Norm in Public Conflicts*, <https://psycnet.apa.org/fulltext/2019-30180-001.pdf>
- Brookings Institution, *Bystander Intervention on Social Media: Examining Cyberbullying and Reactions to Systemic Racism*, [https://bit.ly/Intervention\\_Social\\_Media](https://bit.ly/Intervention_Social_Media)
- Deloitte, *2019 State of Inclusion Survey*, [https://bit.ly/Deloitte\\_Inclusion\\_Survey](https://bit.ly/Deloitte_Inclusion_Survey)
- Human Rights Campaign, *Digital Hate: Social Media's Role In Amplifying Dangerous Lies About LGBTQ+ People*, <https://hrc-prod-requests.s3-us-west-2.amazonaws.com/CCDH-HRC-Digital-Hate-Report-2022-single-pages.pdf>
- Justia US Law, *Rios v. Meda Pharmaceutical, Inc.*, <https://law.justia.com/cases/new-jersey/supreme-court/2021/a-23-20.html>
- Personality and Social Psychology Review, *Differences in Helping Whites and Blacks: A Meta-Analysis*, <https://www.k-state.edu/psych/research/WebpageExtra%20SaucierMillerDoucet2005.pdf>
- Psychological Bulletin, *The Bystander-Effect: A Meta-Analytic Review on Bystander Intervention in Dangerous and Non-Dangerous Emergencies*, <https://psycnet.apa.org/fulltext/2011-08829-001.pdf>
- William T.L. Cox and Patricia G. Devine, University of Wisconsin-Madison, *The Prejudice Habit-Breaking Intervention: An Empowerment-Based Confrontation Approach*, [https://bit.ly/Prejudice\\_Intervention](https://bit.ly/Prejudice_Intervention)

### Videos Shown in the Training

- *Bystander Campaign Video – Sporting Scenario*, <https://www.youtube.com/watch?v=w8EtYRTTqIq>
- *Dangerous Conformity*, <https://www.youtube.com/watch?v=vjP22DpYYh8>
- *Perpetrator, Victim, Bystander*, <https://www.youtube.com/watch?v=QN-sXdhPDC0>
- *You're My Line*, <https://www.youtube.com/watch?v=KIVFJTrVrj8>

## Other Resources

- Dallas Morning News, *Darsh Singh: They Turned My Picture into a Racist Meme. What Happened Next is an Inspiration*, [https://bit.ly/Darsh\\_Singh](https://bit.ly/Darsh_Singh)
- Kristin Rogers, CNN, *Dear Anti-Racist Allies: Here's How to Respond to Microaggressions*, <https://www.cnn.com/2020/06/05/health/racial-microaggressions-examples-responses-wellness/index.html>
- Right to Be, *The 5 Ds of Bystander Intervention*, <https://righttobe.org/guides/bystander-intervention-training>.
- San Antonio Report, *When a Racist Meme Hits Home*, <https://sanantonioreport.org/when-a-racist-meme-hits-home>
- Seed the Way, *Interrupting Bias: Calling Out vs. Calling In*, [https://bit.ly/Seed\\_the\\_Way\\_Interrupting\\_Bias](https://bit.ly/Seed_the_Way_Interrupting_Bias)
- Southern Poverty Law Center/Learning for Justice, *Speak Up: Responding to Everyday Bigotry*, [https://bit.ly/SPLC\\_Six\\_Steps](https://bit.ly/SPLC_Six_Steps), [https://bit.ly/LFJ\\_Speak\\_Up](https://bit.ly/LFJ_Speak_Up)

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