

BYSTANDER INTERVENTION

trust your gut & safely interrupt

DIRECT

CALL IT OUT: “Don’t do that”, “They don’t like that”, “That’s not safe.”

APPROACH THE VICTIM: “Are you ok” / “Want me to sit with you?” / “Do you need a drink of water?” / “Are you here with anyone?”

BE A WITNESS: Making eye contact with everyone involved lets the perpetrating person know they are being watched and lets the victim know they aren’t alone.

DISTRACT

CREATE A DISTRACTION to interrupt the situation or create a diversion so the victim can leave. Spill a drink, knock something over, say “Hey, can we go grab that book you said I could borrow?” or “Anyone want to play a game?”

DELEGATE

FIND SOMEONE TO HELP, ideally someone with authority or someone better suited to interrupt the situation: supervisors, emergency responders, a friend of someone in the situation or a peer.

DELAY

IT’S NOT TOO LATE if you didn’t intervene in the moment. Find the victim, let them know you saw what happened and offer support. “If you decide to report, I will back you up.” “Is there anything I can do to help?”

DOCUMENT

KEEP A RECORD of what happened. This could be taking a photo or video, writing a note with date and specifics, reporting what you saw/heard (if appropriate).

DEFEND

BE BACKUP SUPPORT if someone else is trying to intervene or shut something down, have their back. Stand with them. Show solidarity - it’s not just one person who finds the situation dangerous, hurtful, violent or inappropriate.



NORTHERN SOCIETY FOR
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