Bystander Interventions

Direct - Approaching one or more people involved during or after the incident.

**Aggressor** - Tell the person who is doing harm to STOP, and let them know that their actions, controlling behavior, disrespectful language, rape jokes, victim blaming, etc. are NOT okay. Inform them that their actions are abusive and could even be illegal. Inform them that the police or other authority has been contacted. Approach them after the incident to let them know that you are concerned about their unhealthy or abusive behavior.

**Target** - Ask the victim how they feel, and if they need help. Offer to call their friend, get them to safety, or stay with them until they are safe. Inform them that the police or other authority has been contacted to help them.

Distract - Create some form of distraction that will interrupt and de-escalate the unhealthy and/or violent behavior.

**Examples:**
- Interrupt to ask a question - "Do you know where the nearest bank is? Can you give me directions?" or... "Who wants Pizza?!"
- Have an "accident"... Spill a drink on someone, or drop your stuff.
- Make a loud noise to get their attention, and the attention of other people around you.
- Tell the target or the aggressor that they are needed in another room, their car is getting towed, or some other reason their attention is needed elsewhere.
- Act wild and theatrical - Pretend to be a giant chicken, cluck and flap your arms.

"Who wants Pizza?"
Bystander Interventions

Delegate - Sharing responsibility to intervene, or getting someone else to intervene for you.

Authority - Get an authority figure to help (teacher, coach, parent, manager, administrator, etc.) If the situation is violent or dangerous, call the Police or Fire Department.

Your Friends or Other Bystanders - Give them tasks to do to help intervene. "Hey you, Go get a Teacher!" or... "Ok, You get the victim to safety while I distract the aggressor."

Aggressor's Friend or Family - Encourage them to get their friend/family away from the victim. Encourage them to check-in with the aggressor to help stop the unhealthy or violent behavior.

Target's Friend or Family - Encourage them to get their friend/family to a safe place. Encourage them to check-in with the target to make sure they are physically and emotionally safe.

Delayed - Waiting until you know what intervention to do, or waiting until it is safe for you to intervene. Documenting the situation to share with an authority figure. Doing an intervention to prevent future violence.

! REMEMBER: We NEVER want to escalate the violence of a situation with our intervention, or make things worse for the target, so choose wisely!

Watch Ohio State University Students Intervene at a house party: "Who Will You Be?" [Link](https://www.youtube.com/watch?v=XxYNWSkcpEQ)