



BYSTANDER INTERVENTION

As members of a community, we all have the power to prevent harm and support each other. Bystander intervention is about recognizing potentially harmful situations and taking action to prevent them. This guide will introduce you to key strategies: Distract, Direct, Delegate and Delay. These tools empower you to safely intervene and make a positive impact.

How to Be Direct:

- **Speak Out:** Address the behavior. For example, "That's not cool," or "This doesn't seem right."
- **Check In:** Ask if the person needs help, "Hey, are you okay? Do you want to step outside?"
- **Set Boundaries:** If you're comfortable, let the potential aggressor know their behavior is unacceptable, "You need to stop this."

How to Distract:

- **Start a Conversation:** Engage the person in a casual conversation. For example, "Hey, can you help me with something?"
- **Interrupt the Flow:** Drop something or ask a question out of the blue to interrupt the situation.
- **Redirect Attention:** Suggest a change in activity or location, such as "Want to grab a bite?"

How to Delegate:

- **Involve Others:** Ask someone to assist, "Can you help me with this situation?"
- **Rally Support:** If you're unsure about intervening alone, gather a group to approach the situation together.

How to Delay:

- **Check In Later:** Reach out to the person afterwards to offer support, "I noticed what happened earlier, are you okay?"
- **Report the Incident:** Report the incident through the UMB Hotline, even after the fact.
- **Follow Up:** Encourage the person to seek support or to report the incident.

Direct

When it's safe to do so, being direct and honest can be an effective way to intervene. This approach involves confronting the behavior or situation directly.

Distract

One of the simplest and safest ways to intervene is through distraction. By redirecting attention, you can defuse a situation without directly confronting anyone.

Delegate

Sometimes, the best way to intervene is to seek assistance from others. This could be friends, authorities, or professionals who are better equipped to handle the situation.

Delay

If the situation is dangerous, report it. If possible, provide assistance to the person experiencing the behavior when it is safe.