



## BYSTANDER INTERVENTION

How to help someone who is being harmed...

### BE AN ACTIVE BYSTANDER

**SAFETY  
FIRST**

- 1 **Observe the situation.**  
*take a breath*
- 2 **Assess the situation for safety.**  
*take a breath*
- 3 **Which strategy you'll use: Direct, Delegate, Distract, or Delay?**  
*take a breath*
- 4 **Act.**

## The Bystander Effect



Research finds we're less likely to intervene and offer help when others are present. Reasons vary, but the phenomenon is real. This is why knowing a variety of bystander intervention techniques and having an adaptable plan is vital. It's also important children see adults using these tools. Modeling is key.

### Document

Documenting is a fifth option to consider. If you choose to document, the best case is to provide the video and/or images to the victim and let them decide what to do with the media.



### Direct Bystander Intervention Phrasing

"Is everything okay here?"  
"Do you need help?"  
"You need to stop."  
"That's not okay."  
"That's not cool."  
"They said no, so just stop."

"Why would you say that?"  
"What you just said makes me uncomfortable."  
"That was inappropriate."  
"We need to talk about what you just said."  
"What you just said is harmful."

**What hurts the victim most is not the cruelty of the oppressor, but the silence of the bystander.**

Elie Wiesel



## RESOURCES

### BOUNDARIES & CONSENT

**That's Not Cool** (age-appropriate what-if scenarios great conversation starters for consent and boundaries)  
ThatsNotCool.com

**Consent Tea Analogy Video:**  
<https://vimeo.com/128105683> (2:57)

**Consent Bicycle Analogy Video:**  
<https://youtu.be/-JwKjRaUaw> (3:50)

**Planned Parenthood Consent Video:**  
[https://youtu.be/qNN3nAevQKY?  
list=PL3xP1jlf1jgJRkChwVOlwQcV0-UqcWiFV](https://youtu.be/qNN3nAevQKY?list=PL3xP1jlf1jgJRkChwVOlwQcV0-UqcWiFV) (3:50)

### DIGITAL SAFETY

**TikTok Safety Tips:**  
[www.tiktok.com/safety/en/well-being](http://www.tiktok.com/safety/en/well-being)

**CommonSense Media:** articles, research, and a Family Toolkit to help design a digital contract  
[www.commonsensemedia.org](http://www.commonsensemedia.org)

**Digital Wellbeing & Screen Time Resources:**  
there are a variety of apps (for Apple & Android) designed to achieve digital balance with teens

### BYSTANDER INTERVENTION

**No More**  
[nomore.org/learn](http://nomore.org/learn)

**National Sexual Violence Resource Center**  
Search "Bystander Intervention Resources" for a variety of resources including a comprehensive information packet

**Sounds Good Podcast**  
Search for the interview with Right To Be (formerly Hollaback) Founder Emily May on the importance of bystander intervention and having hope for a violence-free future

**Don't Stand By** spoken word poetry video about stepping in and interrupting violence  
[https://youtu.be/\\_sDF-mPHfLs](https://youtu.be/_sDF-mPHfLs) (3:38)

### HEALTHY MASCULINITY

**The Man Box:** featuring Tony Porter  
[https://youtu.be/I-IB\\_xjpQho](https://youtu.be/I-IB_xjpQho) (2:20)

**Charlie Coleman Talks About Rape Culture with Teen Vogue:**  
[https://youtu.be/VzC\\_Ss5oO4Q](https://youtu.be/VzC_Ss5oO4Q) (2:42)

### Sexual Assault Response Network of Central Ohio (SARNCO):

- 24/7 SARNCO Helpline: (614) 267.7020
- SARNCO Business Phone Line: (614) 566.4414

**The Center for Family Safety and Healing:** [www.familysafetyandhealing.org](http://www.familysafetyandhealing.org)

**The Ohio Domestic Violence Network:** [www.odvn.org](http://www.odvn.org)

**OHMAN:** [www.ohman-ohio.org](http://www.ohman-ohio.org)

Special thanks  
to the Central  
Ohio Well  
Being Network