





YOUR CHILD AND HEALTHY RELATIONSHIPS

BYSTANDER INTERVENTION

How to help someone who is being harmed...

BE AN ACTIVE BYSTANDER

SAFETY FIRST

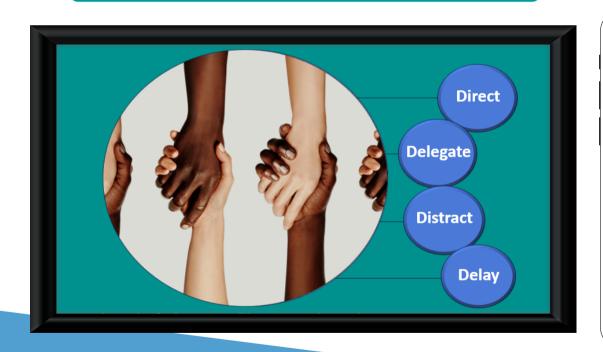
- Observe the situation.
- 2 Assess the situation for safety.
- Which strategy you'll use: Direct, Delegate, Distract, or Delay?
- 4 Act.

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.

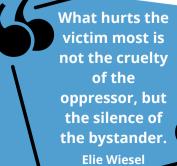
"Why would vou say that?"

"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."











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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/-JwlKjRaUaw (3:50)

Planned Parenthood Consent Video:

https://youtu.be/qNN3nAevQKY? list=PL3xP1jlf1jgJRkChwVOlwQcV0-UqcWiFV (3:50)

DIGITAL SAFETY

TikTok Safety Tips:

www.tiktok.com/safety/en/well-being

CommonSense Media: articles, research, and a Family Toolkit to help design a digital contract 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

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 (3:38)

HEALTHY MASCULINITY

The Man Box: featuring Tony Porter https://youtu.be/I-IB_xJpQho (2:20)

Charlie Coleman Talks About Rape Culture with Teen Vogue:

https://youtu.be/VzC_Ss5oO4Q (2:42)



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

The Center for Family Safety and Healing: www.familysafetyandhealing.org
The Ohio Domestic Violence Network: www.odvn.org

OHMAN: www.ohman-ohio.org

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