

WHAT IS BYSTANDER INTERVENTION (BI)?

Bystander intervention is a community-based prevention approach that encourages everyone in the community to work together. BI is focused on interrupting behaviors that cause or lead to violence. You can be a positive, active bystander by intervening in situations that don't feel or seem right to you. By taking an active role, you can increase safety for yourself and your sisters.

FIVE STEPS TO EFFECTIVE INTERVENTIONS

1. Notice event
2. Identify situation as intervention-appropriate
3. Take responsibility
4. Decide how to help
5. Act to intervene

TRI DELTA WOMEN ENGAGE IN BYSTANDER INTERVENTION BY:

- Reflecting on situations that you may have experienced in the past and thinking about how you could have intervened effectively.
- Creating a code word or signal to use if someone in the group needs help getting out of a situation.
- Checking in with your sisters and other women during social events, especially if something doesn't look or seem right.
- Responding or intervening when something is happening – you can do whatever you feel most comfortable while maintaining the safety of yourself and others.

INTERVENING USING DDD

DIRECTLY ADDRESS THE SITUATION

- Talk directly to the person who might be in a bad situation and say something such as, "Hey do you need some help?"
- Or, speak directly to the person who may be inflicting harassment or assault. Simply ask "What are you doing?"

DISTRACT FROM THE SITUATION

- Distract attention away from the perpetrator, victim or situation by interrupting with a conversational phrase or question that acts as a diversion.
- This can be as simple as "Let's go get pizza, I'm hungry," or "Someone is looking for you outside."

DELEGATE BY ASKING FOR HELP

- It can be intimidating to approach a situation alone. Ask other people to help you intervene, support you or intervene in your place.
- This might be enlisting the friends of the person you're concerned about or getting someone in a position of authority involved.

INTERVENING WITH BRAVERY, BOLDNESS AND KINDNESS

Tri Delta women can practice leadership skills by engaging in bystander intervention (BI). Acting to intervene uses bravery, boldness and kindness.

- *Positive, active bystanders are BRAVE.* We take action by using direct, distract and delegate in situations we know are not right.
- *Positive, active bystanders are BOLD.* We take responsibility when we notice a situation that needs an intervention.
- *Positive, active bystanders are KIND.* We take care of our sisters, friends and peers when they need help.



**SEXUAL ASSAULT
AWARENESS MONTH**

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