

# 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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