



How Bystanders Can Intervene

When you stand by and don't do or say anything, you're supporting sexual harassment and sexual violence through your silence, even if that may not be your intent. By not intervening in some way, you are essentially sending the message to perpetrators that their actions are okay.

Take a look at this list to see what you might be able to do reactively or proactively as an involved bystander...

Proactive

- ▶▶ Believe violence is unacceptable and say it out loud
- ▶▶ Treat people with respect
- ▶▶ Speak up when you hear people making statements that blame victims
- ▶▶ Talk with male friends about confronting violence against women
- ▶▶ Encourage friends to trust their instincts
- ▶▶ Be a knowledgeable resource for victims
- ▶▶ Don't laugh at sexist jokes or comments
- ▶▶ Look out for friends at parties and bars
- ▶▶ Educate yourself and your friends
- ▶▶ Use campus resources
- ▶▶ Attend an awareness event
- ▶▶ Empower victims to tell their stories

Reactive

- ▶▶ Get police or other authorities involved
- ▶▶ Tell someone else
- ▶▶ Get help
- ▶▶ Ask a friend in a potentially dangerous situation if he/she wants to leave
- ▶▶ Make sure he/she gets home safely
- ▶▶ Ask a victim if he/she is okay
- ▶▶ Provide options and a listening ear
- ▶▶ Call the campus or local crisis center for support and options

Sources: "What Can I Do?" Prevention Innovations, UNH, www.unh.edu/preventioninnovations/; The Transformation Project/Green Dot, The University of Tennessee Chattanooga, www.utc.edu/Outreach/TransformationProject/greendot.php