

BYSTANDER INTERVENTION METHODS

- A** Assess for safety - if you see yourself in trouble, think about whether you can help safely
- B** Be in a group - it's safer to call out behavior or intervene in a group
- C** Care for the victim - ask the person who you believe needs help if they are okay

The 4 D's

- Direct Action** Don't aggravate the situation, but get involved
- Distract** Interrupt the situation to allow the target the opportunity to move away
- Delegate** If you feel safe, get someone else to step in
- Delay** If the situation is too dangerous to challenge immediately, walk away and report it

The Decision Model of Bystander Intervention

- 1** Notice potentially problematic situations
- 2** Identify when it's appropriate to intervene
- 3** Recognize personal responsibility to intervene
- 4** Know how to intervene
- 5** Take action to intervene

<https://umatter.princeton.edu/action-matters/care-others>