

## Suggested Bystander Interventions...Additional skills

1. Before you go out, you and your friends can come up with a code word or name to use when referring to a sketchy person:
  - ❑ For example: a group of *female friends* can decide what behaviors they think are inappropriate ways to be treated. If one of them is around someone that is acting in those ways towards them, they can refer to them as “Smokey”. So, Jen can tell Alisha that the guy she is talking to is a Smokey and she would immediately know what that meant without having to further explain.
  - ❑ For example: a group of *male friends* can decide what behaviors they think are inappropriate and how they do not want to act. They can then create a code name so if one of them is acting that way, rather than having to explain to them their behavior at that moment when they are probably intoxicated, Latrell could just tell them John that he is acting like a Smokey.
2. You can distract someone-you don't have to address the issue head on:
  - ❑ For example: if you witness someone bringing an intoxicated person into a room, rather than trying to confront the situation head on, you can tell one of them “there you are! Jess has been looking everywhere for you-she's ready to go home!” and/or “Hey Jon, your friend needs you downstairs, they said it was really important.”
3. You can wait until later when you are alone with the person to discuss your concern(s):
  - ❑ This is most appropriate if you are intervening about a comment rather than if you see someone potentially being hurt.
  - ❑ If you are uncomfortable saying something in the group, you can wait until you are alone with the person and tell them that their comment made you feel x,y, and z.
4. You can use examples of people that you know and love to show how hurtful the person's behavior and/or comments are:
  - ❑ “My friend was raped when she was really drunk. Her life has changed forever. Don't do that to someone.”
  - ❑ “The woman you are talking about is probably someone's sister. What if someone said that about your sister? It's not funny.”

### **Remember:**

1. If you feel uncomfortable – chances are that someone else does too! 75% of all college men feel very uncomfortable with other men's sexist behavior-the problem is that no one says anything! So, if you say something someone else will support you!
2. If you see someone with a person you know or feel to be unsafe, advise them to stay away or tell their friends about your concerns!
3. If you see someone who is really drunk, find out if they have a friend taking care of them. If not, make them **your** responsibility to ensure they get home safely.
4. If someone around you intervenes - support them and back them up!
5. Hold people accountable – (Recently, a fraternity in Washington State took it upon themselves to kick out one of their members because they knew he had raped a female student).

## **Bystander Basics:**

A **bystander** is anyone who is not directly involved in a situation but is an onlooker by chance.

The **bystander effect** is where persons are less likely to intervene in an emergency situation when others are present than when they are alone.

People do this for fear of "losing face" in front of others or offering unwanted assistance.

One goal of PAUSE OFF is to educate students about how to be an effective bystander and what to pay attention to. How many times have you been at a party or with a small group of friends and witnessed something that made you feel uneasy? Maybe it was someone pushing another person to leave with them, or someone encouraging alcohol use to an extreme. Or, maybe you saw a friend slap his or her date. What would you do?

Be careful not to upset the perpetrator or start a fight. It could be as simple as interrupting the situation. Asking "Where's the bathroom?" could provide an opportunity for someone who is feeling cornered to slip away, or just checking in with the person you're concerned about. It could mean telling a friend that you don't like the way he or she is acting, or it could mean calling the police.

Remember, it's always to be safe than sorry. You could change someone's life.

## **More topics to ponder:**

Setting: bystander at a party vs bystander on the street vs bystander at your house vs at the dorms  
-Any other situations where you might be a bystander?

Reasons you would get involved

Why are these messages that we would want to send?

Level of risk: how to intervene without risking getting hurt, etc

-Kitty Genovese