



HOW TO BE AN ACTIVE BYSTANDER

An active and empowered bystander takes action when they witness a person in need. Warning signs can include excessive drinking, verbal arguments and body language signaling that someone is uncomfortable.

FIVE STEPS TO BEING AN ACTIVE BYSTANDER:

- 1 Notice the event.
- 2 Determine whether the event is a problem or an emergency and how you can safely respond.
- 3 Assume responsibility.
- 4 Come up with a plan.
- 5 Take action to protect yourself and others.

Intervening early and often can help create a **safe and respectful environment**.

THE THREE D'S OF BYSTANDER INTERVENTION

DIRECTLY INTERVENE.

ASK SOMEONE WHO LOOKS UNCOMFORTABLE "ARE YOU DOING OKAY?"

DELEGATE.

SEEK ASSISTANCE FROM SOMEONE ELSE.

DISTRACT.

BE CREATIVE! INTERRUPT THE SITUATION WITHOUT DIRECTLY CONFRONTING THE HARMFUL BEHAVIOR.



Higher Education Alcohol & Drug
STRATEGIC UNIFIED PREVENTION

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