

Bystanders: You Can Make a Difference!

We all have the ability to step in and be part of the solution to sexual violence. Many times sexual violence could have been prevented if a bystander, that is anyone who is present and part of a situation, had intervened to make a difference.

Many people mistakenly believe that they have only two options in instances of actual or potential sexual assault: intervene physically and possibly expose themselves to personal harm, or do nothing. As a result, they often choose to do nothing. BUT, there are more options to help prevent sexual violence (www.jacksonkatz.com). Please take a moment to read the bystander pledge below and to be part of preventing sexual assault.

The ABC's of Bystander Intervention

Assess for safety.

Be with others.

Care for the victim

Questions to Ask Before You Take Action

- Am I aware there's a problem or risky situation?
- Do I recognize that someone needs help?
- Do I see others and myself as part of the solution?

Questions to Ask During the Situation

- How can I keep myself safe?
- What are my available options?
- Are there others I may call upon for help?
- What are the benefits/costs for taking this action?

Decision to Take Action

- When to act?
- Are resources available (people, phone, information)?
- A.C.T.

How to Intervene Safely

- Call police or someone in authority
- Tell another person. Being with others is a good idea when a situation looks dangerous.
- Yell for help.
- Ask a friend in a potentially dangerous situation if he/she wants to leave and then make sure that he/she gets home safely.
- Ask a victim if he/she is okay. Provide options and a listening ear.
- Call the local crisis center (YWCA) for support and options.

Information from Bringing In the Bystander™ A Prevention Workshop for Establishing a Community of Responsibility ©Plante, Banyard, Moynihan, Eckstein

For more information about Bringing in the Bystander contact

www.unh.edu/preventioninnovations prevention.innovations@unh.edu

BYSTANDER PLEDGE

I pledge to

- Express my outrage about rape and all forms of sexual violence.
- Talk to other community members about sexual violence.
- Interrupt sexist jokes that objectify women and girls.
- Seek information about why sexual violence is so prevalent in our society and how I can help prevent it.
- Change anything I may be doing that contributes to sexual violence.
- Support and encourage men and women to take responsibility for ending sexual violence.
- Listen to my friends' and partners' fears and concerns for safety.
- Pay attention to cries for help and take action.
- Challenge images of violence against women in advertising and entertainment.
- Support women and men working together to end sexual violence.
- Nurture myself and be aware of my personal safety.
- Believe and support women, children, and men who have experienced any form of sexual violence.

Name and Date

Witness and Date

Originally developed by Bringing in the Bystander™. www.unh.edu/preventioninnovations