

# BYSTANDER INTERVENTION

## WHAT IS THIS PRESENTATION ABOUT?

This presentation speaks on how to be an active bystander when observing others in distressing or potentially harmful situations. Participants will identify strategies and utilize communication skills necessary for intervention in situations they are concerned could be harmful to another person. Information about consent and student resources are also included. There may be some distressing content in this workshop so please take care of yourself.



## WHAT IS BYSTANDER INTERVENTION?

It is a social strategy to prevent violence and oppression through the engagement of individuals (or groups) willing to actively address a situation they deem problematic.

## SWARTHMORE COLLEGE: CASE STUDY

In 2019 the members of Phi Psi fraternity voted to disband their organization after internal documents were leaked from 2012-2016. These documents included members joking about sexual violence and a neighboring fraternities "rape attic" and "rape tunnel". The culture here was described as an open secret, meaning many people knew what was going on but did nothing about it.

## INTERVENTION STRATEGIES

### DIRECT

Directly confronting the behavior which is causing harm

Ex: "They've asked you to leave them alone so stop that."

You can also use comedy!

### DISTRACT

Distract is where you find a subtle way to derail the situation/incident of harassment by interrupting it.

Ex: Accidentally drop something to cause a commotion or ask the person being harassed for directions or thoughts on something.

Note: Do not compromise your own safety to intervene in a situation.

### DELEGATE

Delegation is when you ask a third party for help intervening

Ex: Speak to someone near you that notices or find an authority figure such as a supervisor, administrator, etc.

## HOW CAN YOU HELP SURVIVORS?

### VALIDATE THEIR FEELINGS



### FOCUS ON LISTENING



### PROVIDE RESOURCES



### ASSURE THEM IT IS NOT THEIR FAULT



## PITTSBURGH RESOURCES

- **PAAR (Pittsburgh Action Against Rape):** Provides confidential counseling, assists with legal processes, and operates a 24/7 hotline (1-866-363-7273)
- **Women's Center and Shelter of Greater Pittsburgh:** Provides support for all types of intimate partner violence, legal advocacy, emergency shelters, support groups, and operates a 24/7 hotline (412-687-8005)

## PITT RESOURCES

- **Civil Rights and Sexual Misconduct Office (Formerly Title IX):** 31st Floor of Cathedral of Learning
- **Care Advocates:** assist students in accessing resources; WPU 9th Floor
- **University Counseling Center:** can provide confidential counseling; Nordenberg Hall
- **Prevention at Pitt:** Sexual Violence Prevention and Education Office works to promote ongoing dialogues with faculty, staff, and students, 31st Floor

## NATIONAL RESOURCES

- **Love Is Respect:** Counseling and resources for relationship violence: [loveisrespect.org](http://loveisrespect.org)
- **SAMHSA National Helpline:** for mental health and substance abuse 1(800) 662-4357
- **RAINN:** 24/7 counseling and support for sexual violence 1(800) 656-HOPE