



## Bystander Intervention

### What kind of bystander are you?

An **active bystander** intervenes in various situations where help is needed.

A **passive bystander** does not become involved and ignores the situation that is happening before them.

Most people are passive bystanders and choose not to intervene. This phenomenon is known as the “**bystander effect.**” The bystander effect states that the more people who are present in a situation, the less likely someone is going to act and become involved. Passive bystanders result in no intervention occurs and help is not given.

### Reasons why a bystander may choose to not become involved:

- Fear
- Uncertainty of the situation and what is occurring
- Desire to avoid embarrassment
- Belief that another person will handle the situation
- Unsure of how to intervene

### Methods of Intervening:

*Speak up-* Ask if everything is okay and how you can be of help.

*Group intervention-* There is safety and strength in numbers. Get a few others to help you address the situation.

*Distract and redirect-* Redirect the focus to something else.

*Silent stare-* Sometimes you don't have to speak to communicate. This lets those involved in the situation know that you are aware of what is going on.

### Take the lead and be an active bystander!

Following some general steps when witnessing a questionable situation can make a big difference to someone else.

#### *Ask yourself:*

- 1) How does this situation affect me or someone else?
- 2) What are the risks if I choose to act and become involved?
- 3) What are my options for intervening?
- 4) If the situation requires it, after you have a method in place and you feel safe, become an active bystander.

## Practice!

Think about how you would be an active bystander in the following scenarios:

*While waiting for class to begin, you overhear a sexist joke being made as another student appears to be uncomfortable when hearing. How could you intervene?*

*A group makes sexually suggestive comments as a person walks by. What could you do?*

*At a party, you see a sober person leading a drunk person upstairs. How could bystander intervention be used to address this situation?*

*One night in your dorm or apartment, you hear someone nearby loudly and repeatedly yelling, "No!" or "Stop it!" What could be done in this situation?*

## Remember!

Trust your instincts.

Recognizing situations in which some form of intervention can be given is very important.

As a bystander, you have a responsive role to play in helping to make your community safer and thereby less harm coming to others.

Even small interventions can make a big difference in questionable settings.

Keep your own personal safety in mind. In some situations, the best way to intervene is to call 911.

Each time you encounter a situation, reflect on it and think to yourself if you could have done things differently or the same, would you and why? When it comes to bystander intervention, it's a skill that gets better with practice and reflection.

## Campus Resources

<b>SRVC</b>	<b>479-575-4000</b>
Advocacy email	survivor@uark.edu
Education programs email	respect@uark.edu
<b>CAPS 24 HR Crisis Line</b>	<b>479-575-5276</b>
(Counseling & Psychological Services)	
<b>Pat Walker Health Center</b>	<b>479-575-4451</b>
(University Health Services)	
<b>U of A Cares</b>	<b>479-575-5004</b>
<b>University Police</b>	<b>479-575-2222</b>
<b>Title IX</b>	<b>479-575-7111</b>
	titleIX@uark.edu
<b>Student Accountability</b>	<b>479-575-5170</b>
	judicial@uark.edu
<b>Reports for Any Concern</b>	report.uark.edu

**In the event of an emergency, call 911**

### **CONFIDENTIAL**

#### **Campus Resource Options**

If you want to speak on campus with someone **confidentially** about sexual or relationship violence, you may do so with a victim advocate at the SRVC or a mental health counselor. Faculty and staff are required by university policy to report incidents of sexual or relationship violence to the Title IX coordinator for the University to investigate. An advocate is available through the SRVC and may be reached by emailing [survivor@uark.edu](mailto:survivor@uark.edu) or calling 479-575-4000.

**For more information, visit [srvc.uark.edu](http://srvc.uark.edu)**

**Forensic Evidence Collection ("a Rape Kit")** is available by appointment at the NWA Center for Sexual Assault, 1670 W. Sunset, Suite B, Springdale, AR 72762. Call 1-800-794-4175 to arrange for an appointment or contact the campus SRVC for assistance with this.