Support Survivors

Survivor - Centered MSU

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PREVENTION

OUTREACH & EDUCATION

Make positive change

Support Survivors

Demonstrate allied behavior

Be an active bystander

Survivor - Centered MSU

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Bystander Intervention

Continued Learning Care & compassion

MSU Care & compassion

Get involved

SPEAK UP

Educate Yourself

Educate Yourself

Get involved

BYSTANDER INTERVENTION

Empower community commitment to prevent gender-based violence through education, outreach, and social change

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**NOTICE THE EVENT**
Look for behaviors that seem out of the ordinary. This can include body language, speaking volume, tone of voice, etc.

**EVALUATE THE SITUATION**
Decide if what's happening is a problem or not. If it's unclear try to gather more information. Ask yourself "If this were happening to me, would I want someone to help?"

**TAKE RESPONSIBILITY**
You've decided it's a problem and someone needs to help. Take ownership to be that person to assist.

**KNOW HOW TO HELP**
Think about what steps need to be taken and create a plan. What will be the most effective response to this situation?

**STEP UP!**
Follow through and intervene!
INTERVENTION STYLES

**DIRECT**
Deescalating the problem by addressing what is happening.

"Hey, is this person bothering you?"
"You're being very rude, please leave."

**DISTRACT**
Deescalating the situation by drawing attention away from the problem.

"My phone died, could you tell me what time it is?"
Drop or spill something near the people.

**DELEGATE**
Asking another person to intervene or to help you intervene.

Ask the host to check in on the people.
"Hey, that person looks uncomfortable, would you go with me to ask if they're okay?"

Adapted from the Step UP! Bystander Intervention Program. stepupprogram.org
In emergencies you will likely go through the steps to intervention very quickly. In these situations it's best to verbalize what needs to be done and assign tasks to specific people. If there is a medical or safety concern, consider calling 9-1-1.

Our goal is to deescalate the situation. The most helpful skill you can use is staying calm. Raising your voice will likely cause panic or make the people involved feel attacked.

If you label someone based on their actions, they may react negatively and be less likely to respond positively to intervention. Focus on the behaviors that you are seeing. Using "I" statements can also be helpful.