

Zips Take A Stand

Bystander Intervention

No matter how you intervene, remember to do so safely. We do not want anyone putting themselves in danger. Try to find the safest method to intervene for that situation.



Direct

You can directly ask the potential victim if they are okay. You can also tell the potential perpetrator to stop. You can say things like "Are you okay?" or "Hey, what you are doing is not okay."



Distract

You can cause a distraction that will defuse the situation. You can spill a drink that you think someone may have drugged. You can start an unrelated conversation, ask the potential victim to come dance, tell someone their car is being towed, ask to borrow their phone, etc.



Delegate

You can ask friends for help. If it is in a classroom or at work, you can ask a faculty/staff member or your supervisor for help. If the situation seems especially dangerous, it's okay to call UAPD or campus escorts.


Barriers to Intervention

Social

You may not want to break an unspoken rule in your group, confront a friend, or be perceived as a snitch. Distract may be the best intervention tool in these scenarios. For example, you could ask your friend to go to the restroom with you and this can stop anything from going further.

Personal

You may be introverted, afraid of retaliation, or not want to make a scene. Distract or delegate may be great tools. For example, if you are introverted but your friend is extroverted, ask them to intervene with you or intervene on your behalf.



No matter what your barriers are, there is always a way to intervene. You just have to find the method that is effective while being comfortable and realistic for you.