

BYSTANDER INTERVENTION

You can become part of the solution in making the Berkeley community safer and more inclusive for everyone. Bystander intervention is a great tool and has the power to transform our campus.

Bystander Intervention

Have you ever been in a situation where something just did not feel right, but you were not sure how to respond? Many incidences of violence and harm occur in the presence of bystanders – people who witness an incident but are not directly involved.

You can take action to prevent violence. Bystander intervention is the interruption of potential harm or violence by someone who witnesses the incident. It is also referred to as being an active bystander – someone who sees the potential for harm to occur and takes action to interrupt the situation and prevent harm.

Breaking it Down

Bystander intervention can also be thought of as leadership and helping behavior. As a leader or member of a student organization, you are in a great position to role model helping behavior in order to make our campus safer for everyone.

Step-by-Step Guide

1. Recognize a situation as potentially harmful



2. Decide to act



3. Intervene effectively and safely; follow up as appropriate



Strategies for Action

Sometimes in the moment, it can be hard to know exactly how to respond.

The **CARE Model** is an easy-to-remember acronym that outlines four strategies for taking action when harm or violence could occur.

You can use multiple strategies for a given situation depending on your comfort level and personal style. It is important to keep your own safety in mind any time you are choosing to be an active bystander.

CONFRONT THE SITUATION
ALERT OTHERS
REDIRECT ATTENTION
ENGAGE PEERS

Looking for More Info?

Bears That Care is a program on campus that offers workshops on bystander intervention facilitated by peer educators.

Visit <http://sa.berkeley.edu/btc> to learn more and request a workshop.

HELPING SOMEONE

When someone you know or care about experiences a form of sexual harassment or sexual violence, you may experience a range of feelings, including anxiety about how best to help them. The following suggestions may help you support your friend.

Ways to Respond

- Offer unconditional support and compassion. Tell the survivor that you believe them.
- Don't tell the survivor what to do. Experiencing violence may make a person feel as if s/he has lost some agency over what happens next, and it is important not to compound this by adding pressure to do things that s/he do not want to do or is not yet ready to do. There is no "right" way to cope with trauma.
- Offer resources and information without pressure or judgment about their decisions.
- Don't press for details. Allow the survivor to share what they want, when they want. Avoid "Why?" questions. You might be attempting to better understand or get control over the situation, but "Why?" questions may be interpreted as blaming or skeptical. The answers won't change what's happened.
- Challenge statements of self-blame. The responsibility for the assault lies with the perpetrator(s), regardless of the person's actions leading up to, during or after the incident.
- If the survivor wants to seek medical attention or report the assault, offer to accompany them wherever they need to go (e.g., hospital, police station, campus security, etc.).
- Be patient.
- Ask how you can help.

Take Care of Yourself

Hearing about violence can be a very upsetting experience. Here are some things to keep in mind when supporting a survivor (in addition to the suggestions above):

- Realize that your feelings are valid. Practice self-compassion.
- Pay attention to your own needs - this could mean setting boundaries, taking extra time for activities that you enjoy, etc.
- If needed, seek outside resources to help you get through this difficult time: you could talk to a counselor, your community, a close friend or hotline - just make sure that you respect the survivor's privacy.

A Safe Place to Start

Confidential CARE Advocate

510-642-1988 | <http://bit.ly/careadvocate>

Affirming, empowering, and confidential support for those that have experienced sexual harassment, emotional abuse, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation. Advocates bring a non-judgmental, caring approach to exploring all options, rights, and resources.

RAINN

Rape, Abuse and Incest National Network/
National Sexual Assault Hotline

1-800-656-HOPE (4673) | <http://www.rainn.org>