**Effective Bystander Intervention Strategies**

Many people aren’t sure what to do when they witness instances of:

* gender or racial harassment,
* anti-immigrant, antisemitic, anti-Muslim, anti-trans, or homophobic attacks,
* or any other verbal, physical or sexual aggression.

Here are some intervention strategies that can help you work through the challenging dynamics of a situation.

**Be Direct**

* Talk directly to the person being harassed and let them know you’re there for support.
* Ask the person being harassed what you can do to support them and then follow their lead.
* If it feels safe and possible, distract the harasser or tell them to stop; don’t engage the harasser if you think it will escalate the situation.

**Go Covert**

* Make your presence known; move closer to the person being harassed or make eye contact.
* Pretend you know the person being harassed or targeted; start talking to them, separate them from the harasser, or walk away with them.
* Create distance or a barrier between the harasser and the person being harassed.
* Get creative to find a way to interrupt or divert attention away.
* If it’s safe, record the situation.

**Recruit Others**

* Get other bystanders or your friends to notice what’s happening and feel empowered to do something.
* Find others nearby or who have a unique vantage point or authority to assist.
* Get others who may know the people involved or may be better positioned to assist.

**Now vs. Later**

* Check in with the person being harassed to see what they might need after the incident.
* Ask them if they want help reporting the situation or if you should call the police.
* Remember…for some people and communities, the presence of police can create additional fear and cause further harm.