

Effective Bystander Intervention Strategies

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

- gender or racial harassment
- anti-immigrant, anti-Muslim, anti-trans, or homophobic attacks
- 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 or walk away with them.
- Create distance or a barrier between the harasser and the person being harassed.
- If it's safe, record the situation.

Recruit Others

- Get other bystanders or your friends to notice what's happening.
- Find others nearby who can 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.
- 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.

Visit colorado.edu/dontignoreit to learn more

