BYSTANDER INTERVENTION MONTH
August 2025

Be an Active Bystander: Someone who witnesses a situation who steps up/speaks up/advocates and either prevents a situation from escalating or disrupts a problematic situation.

BYSTANDER METHODS

THE DIVIDER Step in and separate the two people. Tell them why you're getting involved. Let them know you are trying to keep them safe! Find a way to help them get home.

THE INTERUPPTER Distract them to get them to focus on something else. You may say things like "Let's get some fresh air," or ask, "Want to the bathroom with me?" Find a statement that works for you and your personality.

THE EVALUATOR Evaluate the situation and the people involved to figure out your best course of action. It may be that you intervene directly, or you get friends to help. If it doesn't seem to be working, step back and try a different approach.

THE RECRUITER Get friends of both of the people to come help you, and step in as a big group.

THE DISRUPTER Distract one of the people, and have a buddy distract the other person. Commit a party foul, like spilling your drink, if needed.

TOGETHER, WE CAN BUILD A SAFER COMMUNITY

Active Bystander: Someone who witnesses a situation who steps up/speaks up/advocates and either prevents a situation from escalating or disrupts a problematic situation.

Passive Bystander: Someone who chooses to ignore the situation or do nothing.

Why Don't More People Help?
Diffusion of responsibility is a socio-psychological phenomenon in which a person is less likely to take responsibility for action or inaction when other bystanders or witnesses are present.

Similarly, the *bystander effect* occurs when the presence of others discourages an individual from intervening in an unsafe situation or emergency. Typically, the greater number of people/bystanders present, makes it less likely for someone in distress to receive help from those around them. People are more likely to take action in a crisis when there are fewer people present.

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