

What is Bystander Intervention?

Bystander Intervention is a philosophy and approach for prevention of various types of violence, which could include: bullying, sexual harassment, sexual assault, and intimate partner violence.

It is a different type of approach to sexual assault prevention because it discourages victim blaming, offers a chance to change social rules and shifts responsibility to all.

Bystander Intervention, or being an **Active Bystander**, is part of being a member of the DSU community. We all are important in preventing sexual violence when we confront problematic situations.

Being an **Active Bystander** includes:

- Standing up against attitudes, behaviors or statements that sustain cultures endorsing violence as acceptable.
- Identifying and stopping situations that lead to sexual assault.
- Stepping up to disrupt, distract, speak up or call out for assistance.
- Believing and supporting others when they feel uncomfortable and/or hurt.
- Assisting others responding to problematic situations.

The **Ideal Bystander**:

- Is friendly to everyone
- Is forthcoming and honest
- Assists to diffuse a situation before it becomes a crisis
- Avoids violent interventions
- Is not antagonizing or accusatory
- Asks for assistance when needed
- Calls professional assistance (RA, University Employee, Police, EMT, etc.) when needed

Being an active bystander does not mean that you should risk your personal safety or become a hero. There are appropriate responses dependent on you, the situation and who is involved. If your immediate safety, or the safety of others, is in danger you should seek outside help – which is still bystander intervention.



Bystanders Make a Difference

Recognize that bullying, harassment, sexual assault, intimate partner violence and stalking are real problems experienced by lots of college students, even your peers at DSU! 1 in 4 women and 1 in 33 men will survive sexual assault during their time in college.

Recognize warning signs of violence or the signs of someone being taken advantage of. If you notice something wrong or someone shares their experience, it is crucial to take it seriously and believe them.

Recognize the importance of consent and respecting others. Our actions are the reasons for violence and abuse.

Don't minimize behaviors. Stalking is not a case of "excessive affection". Encourage those feeling harassed to seek help.

Don't brush off something or someone making you uncomfortable; say or do something.

Watch out for one another. If you see someone looking in trouble, ask if they're okay.

Speak up if you see something abusive or offensive ... if you see something say something! If you hear degrading jokes, don't laugh. Encourage respect.

Get involved with our **Community of Care**, respecting and supporting all entities on campus.

The purpose of our community of care and bystander intervention is to equip persons with skills to be effective and supportive allies before an assault ever takes place. Bystanders must also be taught when to intervene and why, as a member of the DSU community. We all have a responsibility to derail and interrupt violence and violence-condoning attitudes on campus.

Contact any of the following for assistance:

CAMPUS RESOURCES

- Campus Safety, at 701-290-1068, 24 hours/7 days
- Housing and Dining, at 701-483-2091, 24 hours/7 days
- Campus Health Services, at 701-483-2304, during regular business hours, M-F
- Campus Title IX Coordinator, at 701-483-2089, during regular business hours M-F

COMMUNITY RESOURCES

- Local Police by dialing 911 if you are experiencing an emergency situation
- Local Police non-emergency line 701-456-7759, 24 hours/7 days
- Domestic Violence and Rape Crisis Center, at 701-852-2258. 24 hours/7 days