

Be an Active Bystander



Prevention, Outreach
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Bystander intervention strategies are ways we, as members of a community, can step in to prevent problematic behavior we witness and help the situation from getting worse.



Delegate

Asking for assistance from another person when intervening.

What to do:

Reach out to a supervisor, a colleague, a friend or ask help from people around you.

What to say:

"Hey, did you hear what that person just said? We should do something."



Distract

De-escalating the situation by drawing attention away from the problem.

What to do:

Drop something on the floor; people will turn around and look. Start a conversation with the person who is being affected or causing the harm to create a distraction from the situation.

What to say:

"Sorry to interrupt, my phone just died. Do you happen to have a charger?"



Direct

Putting yourself into the situation and confronting the problem.

What to do:

Get involved. Ask the person who is causing harm what they mean by their comment.

What to say:

Ask the person who is being impacted: "Hey is this person bothering you?"

**There is not a single right way to intervene.
Find the style that works for you, given the situation.**

The 3 D's of bystander intervention are adapted from Green Dot: <https://alteristic.org/services/green-dot/>