



What Is a Bystander?

A bystander is a person who witnesses a concerning situation, such as potential harm or a criminal event. These situations could include potential violence, injury, assault, alcohol overdose, or legal trouble. By choosing to take action, a bystander can positively influence the situation.

"3 Ds"

Direct

- Can I call a friend for you?
- Can I walk you home?
- Do you want to keep talking to them?
- Are you okay?

Consider making direct suggestions to change the situation.

Distract

- Will you help me find my wallet?
- I'm feeling sick, can you get me a glass of water?
- Is that your car getting towed?

Break up an uncomfortable or potentially dangerous situation by shifting the focus.

Delegate

- Ask a friend to go with you to talk to someone.
- Ask someone to call for help.
- Ask the bartender to check in.

Support from friends, emergency services, or others can make it easier to intervene.

Volume 15
Issue 11

Stall Seat Journal

Be a Positive Bystander

Office of Health Promotion Department of Student Health University of Virginia



With so many other people around, why doesn't anyone else intervene?

There are many reasons a bystander may choose not to act:

- Believing someone else will intervene
- Afraid of embarrassment
- Not sure if the situation is dangerous, especially if others are not intervening
- Thinking it's none of their business
- Concern for personal safety

People are more likely to help if they see someone else helping, too. If you are unsure about whether to intervene, check in with others to see if they are also feeling uncomfortable. If so, you can intervene together.



Feeling concerned about something that might have happened?

Identify next steps to be an active bystander

- Talk with someone you feel comfortable with, like your RA, Office of the Dean of Students, or college dean, about a situation you noticed, especially if you are concerned for someone's safety or well-being.
- Want to make an anonymous report? Visit UVA's *Just Report It* website.

Give and get support

- If a friend comes to you, listen to their concerns in a caring, non-judgmental way. If appropriate, encourage them to get professional care.
- Get assistance at the Office of the Dean of Students or Counseling and Psychological Services. Call to see how they can best support you.

Office of the Dean of Students (ODOS): (434) 924-7133 weekdays, (434) 924-7166 afterhours

Counseling and Psychological Services (CAPS): (434) 243-5150 weekdays, (434) 972-7004 afterhours

*2013 Health Survey of 654 UVA undergraduate students



Be a Positive Bystander

Have you ever had a feeling in your gut that something wasn't right, or later wished you had done something about a situation you noticed? Even when a bystander wants to help, they may not know what to do. Following one of the 3 Ds can help a bystander intervene in a positive way.

Ordinary people can take small steps to influence concerning situations. Choose whichever strategy best matches your style and level of comfort at the time. If you think there is an emergency, call 911 immediately.

**It's never too early
...or too late!**

99% of UVA students believe it is their responsibility to stop a friend who has been drinking from harming others.*

HOO knew?

90% of UVA students believe it is their responsibility to intervene when they notice a problem situation.*



Want to prepare yourself and your community to intervene effectively?

- **Get educated:**
To bring bystander education to your group, visit UVA's *Not on Our Grounds* website and request a presentation.
- **Talk it up:**
Improve the culture at UVA by exploring with your friends what it means to be a caring community.
- **Think about it:**
Consider concerning situations you are familiar with. If a situation were to occur again, how could you take action?

#hoosgotyourback

Designed by Xi Han, Class of 2017