

Bystander Intervention

Bystander intervention is a prevention strategy that involves a bystander actively intervening when witness to a harmful or potentially harmful situation. Intervention from a bystander sends a powerful message about what is acceptable and expected behavior within a community.

Any bystander has the ability to play an active role in preventing further harm directed toward another by employing one or more of the following strategies when confronted with a problematic situation.

The 4 Ds of Bystander Intervention:

- **Direct** – Directly confront a situation where someone is being harmed or is at risk of being harmed. Ask if everything is all right or state being uncomfortable with the situation.
- **Distract** – Distract one or more of the people involved with the goal of interrupting the behavior, not necessarily confronting it in the moment.
- **Delegate** – Look for people to back you up when it is time to intervene. This also helps create a shared sense of responsibility among community members.
- **Delay** – If the first three Ds don't work for the situation, if more information needs to be gathered, or the opportunity to first intervene passes, then follow up and ask if someone is okay after the fact.