



CENTER FOR
WOMEN IN
TRANSITION

Strategies for Becoming an Active Bystander

The Active Bystander:

- ⇒ Active bystanders can intervene before sexual assault occurs
- ⇒ Active bystanders can address sexist attitudes and beliefs to combat behavior that supports sexual violence
- ⇒ Active bystanders are pro-social and intervene in ways that impact the outcome positively
- ⇒ Active bystanders influence their peer group and community
- ⇒ Simply checking in with someone can stop the momentum of something bad happening: “Hey, we’re all trying to have a good time, is everything okay here?”

In order to create a safer community, everyone can take steps to *be an active bystander:*

- ⇒ Consider whether the situation demands some action
- ⇒ Decide if you feel a responsibility to act
- ⇒ Choose what form of assistance you can use to intervene
- ⇒ Listen and be open to a victim seeking help
- ⇒ Ask yourself, ‘If I were in this situation, would I want someone to help me?’
- ⇒ Even small interventions can make a big difference in a questionable situation
- ⇒ Just distracting someone, saying something, checking in with a person can stop the momentum of something bad
- ⇒ Use your cell phone (or any phone) to contact 9-1-1
- ⇒ Speak up if someone is putting women down

