## **BYSTANDER INTERVENTION**



## What is the bystander effect?

The bystander effect is a phenomenon in which multiple witnesses or "bystanders" do not intervene in a potentially harmful situation because they either lack the skills to do so or believe it is someone else's responsibility.

You can use various techniques to safely intervene and diffuse a potentially dangerous situtation.

# Are you a bystander or an upstander?

**Bystanders** are individuals who notice a situation that could lead to something bad and are faced with the choice to help or do nothing.

**Upstanders** are people who witness behaviors that could lead to something harmful and make a choice to intervene to make things better.

How to be an upstander? The IDEAS model provides strategies to intervene in potentially harmful situations.



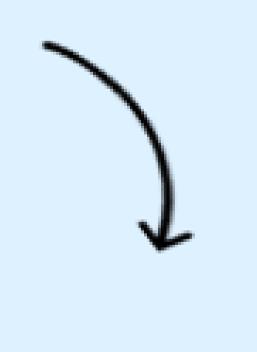
D istract
E ngage Peers
A lert Authorities
S afety First

### **IDEAS Model**

#### NTERRUPT

Ask a question that's not related to what's going on. "Excuse me, where's the bathroom?"





#### SAFETY FIRST

Keep your safety and the safety of others in mind and let that determine how you respond.

#### DISTRACT

Draw attention to something else. "Hey your car is getting towed!"

## **IDEAS Model**

#### ALERT AUTHORITIES

In some situations, authorities may be the best source for help. Example: party hosts, security

#### ENGAGE PEERS

Involve a friend or someone else around you. "Let's do something"

Source:UC San Diego https://care.ucsd.edu/programs/ideas.html#The-MODEL

