

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 situation.

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.

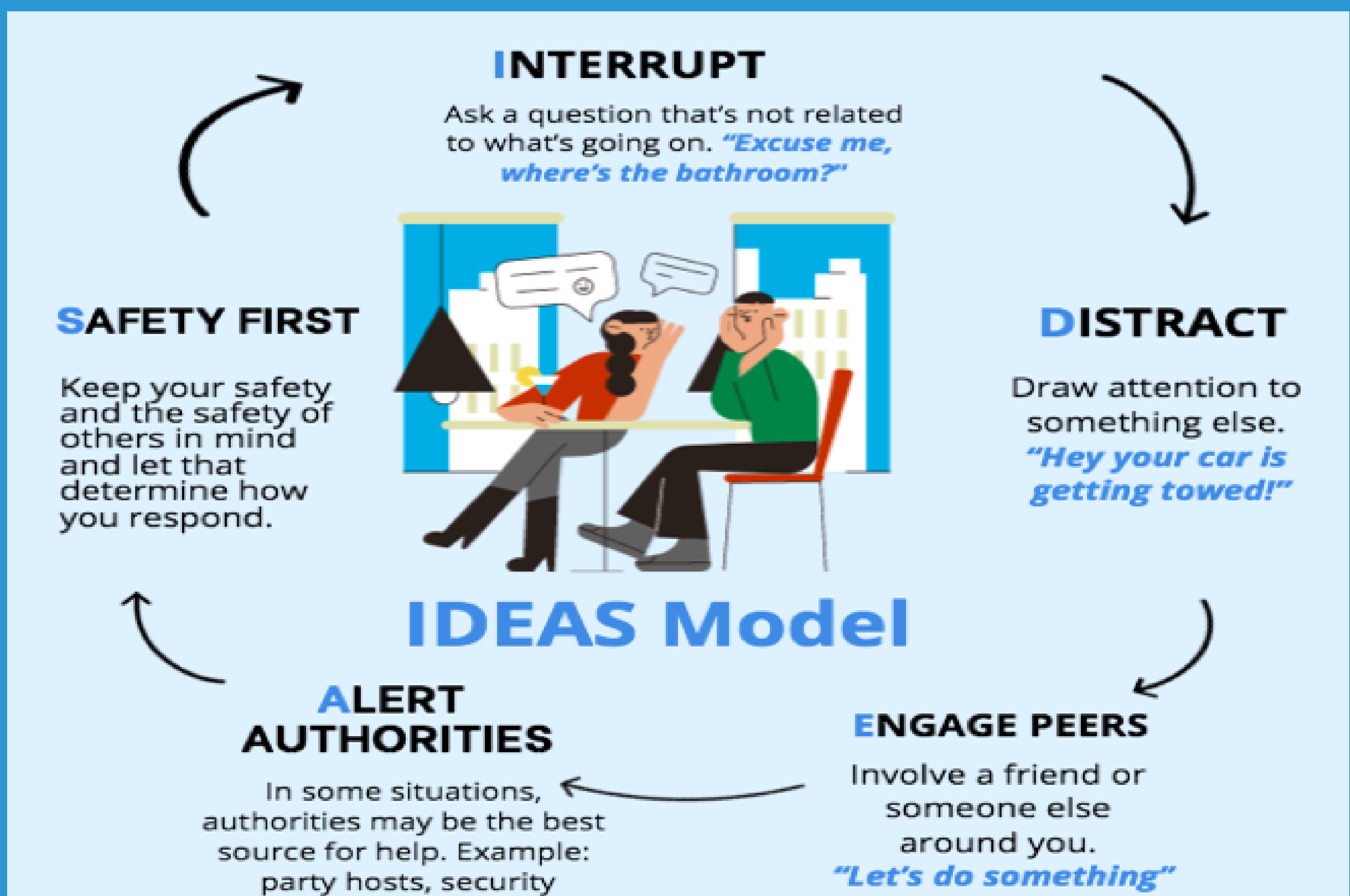
Upstanders are people who witness behaviors that could lead to something harmful and make a choice to intervene to make things better.

How to be an upstander?

The IDEAS model provides strategies to intervene in potentially harmful situations.

- I**nterrupt
- D**istract
- E**ngage Peers
- A**lert Authorities
- S**afety First

IDEAS Model



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