There are 5 steps to active Bystander Intervention:

1. **Notice a situation**

2. **Interpret a situation as someone is in danger or there is a potential for danger**
   a. Many situations are ambiguous
   b. It’s okay to misjudge the situation—you are looking out for someone’s safety

3. **Assume responsibility to help**
   a. Realize that YOU personally should do something to help the victim and that if you don’t help, no one will

4. **Know how to help**
   a. Use Bystander Techniques

5. **Take action: Intervene safely**

**Bystander Techniques – The 3 D’s**

**DISTRACT**
Refocus the aggressor’s attention
- Ask for directions
- Spill a drink
- Engage them in conversation
- If you know the aggressor/potential aggressor, lure them away

**DELEGATE**
Involve others if you don’t feel safe intervening alone (we don’t want to create more victims…)
- Ask friends to help you distract or confront
- Find the person at risk’s friends and tell them you are concerned about their friend
- Call 911

**DIRECT**
Directly confront the situation (think about how you would directly stop someone from driving drunk)
- “I don’t like how you treat your partner – it’s abusive and needs to stop.” Offer to help find an intervention program.
- “This isn’t okay. I’m getting her friends to take her home now.”