



Prevention is possible. Your simple acts can make a difference.

# PREVENTION TIPS

## ACTIVE BYSTANDERS

### AN ACTIVE BYSTANDER IS:

someone who speaks up or steps in to disrupt problematic situations in instances of domestic violence, sexual assault, stalking, or child abuse.



Think about violence prevention from the perspective of what a bystander might see.

Notice early and immediate warning signs of dating violence, sexual assault, and stalking before anything happens

### EARLY WARNING SIGNS

- Absenteeism from work or activities
- Constant calling or texting from their partner when they're not together
- Personality changes, such as being more withdrawn than usual
- Negative changes in a friend's behavior when they're around their partner
- Someone pushing drinks on an already intoxicated person
- Isolating a person from their group

### IMMEDIATE WARNING SIGNS

- Bruising or other physical injury
- Verbal insults or name calling
- Sexual contact with someone who is asleep or passed out
- Intimidation or threatening behavior
- Someone showing up everywhere uninvited



**Everyone has barriers** that may make it difficult to intervene, like being shy or not wanting to overstep, but that shouldn't stop you. The important thing is to pick an intervention that feels right for you, when it is safe for you to do so.



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# Realistic Intervention Options

## The 3 Ds

### DIRECT

Intervening in a situation by checking in directly with the person being harmed or causing harm

- “Hey, are you okay? You seem upset.”
- “This behavior doesn’t feel right to me, just checking in to see if you need anything.”
- “What’s going on over there?”

### DELEGATE

Find someone else who may be better equipped to help

- Call a security guard or law enforcement
- Ask someone closer to the individuals for help, like a friend or family member
- Find another person such as a bartender, server or host to check in with them

### DISTRACT

Indirectly intervene by causing a distraction to diffuse the situation

- Spill a drink or drop your book near the situation
- Set off your car alarm
- Ask for help finding the bathroom
- Act like you know the person and start a conversation

How you can show that violence is not tolerated in your community, and everyone is expected to do their part in making the community safer:



Posting comments or sharing content on social media that communicates intolerance of violence



Signage hanging in your home or work space that supports prevention



Including talking points about violence prevention if you are a community leader, business owner, or supervisor.



Adding a violence prevention message to your email signature or out of office message



Talking to friends, family, and coworkers about the issue



Telling a good bystander intervention story and having discussions about what others would have done