

# Bystander Intervention

## Practice!

Think about how you would be an active bystander in the following scenarios:

*A group of men make sexually suggestive comments as a female walks by. What could you do?*

*At a party, you see a sober female leading a drunk male upstairs. How should this situation be handled?*

*One night in your dorm or apartment, you hear someone nearby yelling, "No!" or "Stop it!" What could be done in this situation?*

## Remember!

You have a role to play in preventing violence and making our community a better place.

Even small interventions can make a difference in questionable settings.

Keep your own personal safety in mind. In some situations, the best way to intervene is to call 911.

## Campus Resources

STAR Central	479-575-7252 survivor@uark.edu
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	479-575-5276
UA Women's Clinic	479- 575-4478
Pat Walker Health Center (University Health Services)	479-575-4451
University Police	479-575-2222
Title IX	479-575-4019
Student Standards & Conduct	479-575-5170

***In the event of an emergency, call 911.***

### Confidential Campus Resource Options

If you want to speak on campus with someone confidentially about sexual or relationship violence, you may do so with a victim advocate, a mental health counselor, or a pastoral minister. Faculty and staff are required by federal law under Title IX to report incidents of sexual or relationship violence to the Title IX coordinator in order for the University to further investigate the matter. An advocate is available through STAR Central and may be reached by emailing [survivor@uark.edu](mailto:survivor@uark.edu) or at 479-575-7252 to arrange for an appointment.

***For more resource information, including community resources, please visit <http://respect.uark.edu>***

Forensic Evidence Collection ("a Rape Kit") is available 24 hrs a day at Northwest Medical Center – Willow Creek Emergency Department located just off of I-49, Exit 69 (Johnson exit). Also, available by appointment at NWA Sexual Assault Center, 479-445-6448, located on North Green Acres Road, Fayetteville.

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**STAR Central**  
**Pat Walker**  
**Health Center**

## What kind of bystander are you?

An **active bystander** intervenes in various situations where help is needed.

A **passive bystander** does not become involved and ignores the situation that is happening before them.

Most people are passive bystanders and choose not to intervene. This phenomenon is known as the "**bystander effect.**" The bystander effect states that the more people who are present in a situation, the less likely someone is going to take action and become involved. The result of passive bystanders, no intervention occurs and help is not given.

### Reasons why a bystander may choose to not become involved:

- Fear
- Uncertainty of the situation and what is occurring
- Desire to avoid embarrassment
- Belief that another person will handle the situation
- Unsure of how to intervene

### Methods for Intervening:

**Speak up-** Ask if everything is okay and how you can be of help.

**Group intervention-** There is safety and strength in numbers. Get a few others to help you address the situation.

**Distract and redirect-** Redirect the focus to something else.

**Silent stare-** Sometimes you don't have to speak to communicate. This lets those involved in the situation know that you are aware of what is going on.

### Take the lead and be an active bystander!

Following some general steps when witnessing a questionable situation can make a big difference to someone else.

Ask yourself:

- 1) How does this situation affect me or someone else?
- 2) What are the risks if I choose to act and become involved?
- 3) What are my options for intervening?
- 4) If the situation requires it, after you have a method in place and you feel safe, become an active bystander.