

The 3 Ds of Bystander Intervention



Direct

Do something yourself - ask someone to stop what they are doing or check on someone you may be worried about.

Address the person doing the concerning behavior:

- “That’s not okay”
- “Why did you say that?”
- “This is inappropriate”
- “I don’t know how you meant it, but when you did, this is how it came across”

Check on the person being targeted:

- “Is everything okay?”
- “Is there something I can do to support you?”



Delegate

Ask for help or for someone else to get involved.

- Ask friends of either the person being targeted or the person doing the concerning behavior to help
- Talk to a trusted resource like a professor, Title IX deputy, HSC Police, or a member of the Care Team

This can look like:

- Making a report with Title IX or the HSC Police
- Calling the emergency police line at (817) 735-2600
- Reaching out to a friend of the perpetrator to help remove the person



Distract

Create a diversion that can defuse the situation or deescalate the moment.

- Change the subject
- Say you need a ride or one of the people’s help with a task
- Ask for directions
- Make a scene (only if you can keep yourself and others safe)

Distracting can look like:

- “How is the class assignment going?”
- “I’m trying to find the Mindful Corner, do you know where it is?”
- “Hey, do you mind giving me a ride somewhere?”



HSC Title IX

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Care Team

CareTeam@unthsc.edu
24/7 line: 817-735-2740



HSC Police

Emergency: (817) 735-2600
Non-Emergency: (817) 735-2210

THE DO'S AND DO NOT'S OF BYSTANDER INTERVENTION

Do

MAKE YOURSELF KNOWN - BE ACTIVE

- Make eye contact with the person being harassed, ask if they want support
- Move yourself near person being harassed
- If safe, create distance or a barrier between that person and the attacker

TAKE CUES FROM THE PERSON BEING HARASSED

- Is the person engaging with the harasser or not? You can make suggestions, "Would you like to walk with me over here?"
- Follow their lead
- Notice if they are resisting in their own way, and honor that

Do

Do

KEEP BOTH OF YOU SAFE

- Assess your surroundings by asking "Are there others nearby you can pull in to support?"
- Working in a team is a good idea.
- Can you solicit help from others around you? Can you move to a safer place?

DO NOT ESCALATE THE SITUATION

- We want to get the person being harassed to safety
- We do not want to incite more violence from the attacker

**Do
not**

**Do
not**

DO NOT REMAIN SILENT

- Silence is dangerous - it communicates approval and leaves the victim high and dry
- If you feel too nervous or afraid to speak out, communicate your support with your body