



WHAT IS BYSTANDER INTERVENTION

We see situations every day in which someone makes inappropriate sexual comments or sexually harasses another person.

The best way you can create an empowering climate free of sexual violence is to stop problem behaviors before they become worse.

Tips to get started:

- Educate yourself about sexual violence and share this information with friends.
- Confront friends who make excuses for other peoples' abusive comments and behavior.
- Speak up against racist, sexist, and homophobic jokes or remarks.
- Understand the connection between sexually aggressive language and sexual violence.

It takes some guts to be the kind of person who will intervene, but at least you've started the conversation. All it takes is one person.

LaFASA

*Louisiana Foundation
Against Sexual Assault*

Sexual Assault Crisis Centers provide a 24-hour crisis hotline, information and referral, free counseling, and more!

www.lafasa.org

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This project was supported by Grant No. 2016-KF-99 3533 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



LaFASA

Understanding & Safety Tips:
BYSTANDER INTERVENTION

WHY SHOULD I GET INVOLVED?

Sexual violence occurs on a spectrum, from intimidating catcalls to groping or unwanted touching to rape. And, too often our culture supports or excuses sexually violent behaviors.

Bystander intervention can be simple little actions that stop harmful situations from becoming violent and you can demonstrate that you and your friends won't tolerate degrading jokes, inappropriate touching, and other sexually violent behaviors.

Your actions can prevent someone from experiencing the life-long trauma that accompanies assault. Getting involved is a big step in ending sexual violence.

This brochure will help you learn how to take action, safely and appropriately, as a bystander.

When we don't speak up, we support a culture that lets perpetrators get away with sexual violence.

Getting involved can be as simple as interrupting a conversation.

Not sure what to do? Check out these strategies:

- **Defensive Split**
Step in and separate two people. Let them know your concerns and reasons for intervening. Be a friend and let them know you are acting in their best interests. Make sure each person makes it home safely.
- **Pick and Roll**
Use a distraction to redirect the focus somewhere else: "Hey, I need to talk to you," or "Hey, this party is boring. Let's go somewhere else."
- **The Option**
Evaluate the situation and people involved to determine your best move. You could directly intervene yourself or alert friends of each person to come in and help. If the person reacts badly, try a different approach.
- **Full Court Press**
Recruit the help of friends of both people to step in as a group.
- **Fumblerooski**
Divert the attention of one person away from the other person. Have someone standing by to redirect the other person's focus with a conversation or commit a party foul (i.e. spilling a drink) if you need to.

From the University of Vermont

Often people are less willing to take action if there are others present - everyone waits for someone else to take responsibility. If you see a situation AND you know you can safely intervene, get involved to end sexual violence!

Call LaFASA's Helpline:

888-995-7273

or visit lafasa.org

for more information about bystander intervention and to find local resources for survivors.



TIPS TOWARDS TAKING ACTION

When you notice a situation that seems, or could become, harmful or violent, you can make a positive difference.

Use these tips to help you safely interrupt the situation:

- Assess the situation and make sure your help is needed.
- Approach everyone as a friend.
- Do not be aggressive.
- Avoid using violence.
- Recruit help if necessary.
- Keep yourself safe.
- If things get out of hand or become too serious, contact the appropriate authorities.