

# BYSTANDER INTERVENTION [sexualmisconduct.umich.edu](http://sexualmisconduct.umich.edu)

A proactive bystander is an individual who accepts personal responsibility for a situation and intervenes to ensure the well-being and/or safety of others.

**Bystander intervention is necessary to create and promote a safe, respectful and welcoming community.**

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## DO

**DO make yourself known.**

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

**DO take cues from the person being harassed.**

- Is the person engaging with the harasser or not?
- Make suggestions such as “Would you like to walk with me over here?” Then, follow their lead.
- Notice if they are resisting in their own way, and honor that
- “It’s not about you” being a hero, but being there for the person

**DO keep both of you safe.**

- Assess your surroundings
  - Are there others nearby who can support?
  - Working in a team if others are available to assist
  - Can you move to a safer or less stressful place?
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## DON'T

**DON'T call authority figures (supervisors, 911, Security, police) unless critically necessary**

- Bringing authority figures into the situation in real time may make the person being harassed feel even more vulnerable. Consider safety and utilize DELAY and DELEGATE to include authority figures once you have had an opportunity to speak the person being harassed.

**DON'T escalate the situation.**

- Refrain from further inflaming emotions in the situation. The goal is to remove someone from the situation safely rather than increase emotions

**DON'T Do Nothing.**

- Silence is dangerous, it communicates approval of the behavior and leaves the victim feeling isolated
- If you feel too nervous to speak out, communicate your support with your body