

# Bystander Intervention

EMPOWER YOURSELF WITH BYSTANDER SKILLS

## Direct

ADDRESS PERSON DOING HARM



## Direct

ADDRESS PERSON BEING HARMED



## Delegate

GET HELP



## Distract

INTERRUPT SITUATION



EST 1983

## New Directions

[newdirectionsknox.org](http://newdirectionsknox.org)

740-397-HELP(4357)

**DIRECT:**  
PERSON DOING HARM

**DIRECT:**  
PERSON BEING HARMED

Directly address the situation.  
Step in and say or do something with  
the person doing harm.

"COME ON, THAT IS NOT FUNNY"  
"STOP, THAT'S NOT COOL"

Address the situation directly.  
Go to the person being harmed to help  
stop the situation.

"CAN I HELP YOU?"  
"IS THIS PERSON BOTHERING YOU?"

**WAYS TO  
INTERVENE**

**DELEGATE**

**DISTRACT**

Get help.  
Find someone who is more equipped  
to handle the situation.

"YOUR FRIEND LOOKS LIKE THEY NEED YOU"  
"YOU NEED TO GO SAY SOMETHING TO YOUR FRIEND"  
"YOU MAY WANT TO GO TELL THE TEACHER"

Interrupt the situation.  
Find a way to redirect  
the attention.

"HEY, YOUR PHONE IS RINGING"  
"CAN I BORROW YOUR PHONE CHARGER?"