Bystander Intervention: What Does it Mean to Intervene?

A bystander is anyone who is not directly involved in a situation but has the potential to notice and respond to prevent harm. Basically, we’re all bystanders!

Every person on our campus can be an active bystander—we can all choose to step in to prevent others from experiencing harm. Being proactive as a community helps us all feel more prepared to step in and act. There’s almost always a bystander present who can recognize potential harm and intervene.

Put away your cape, Super Hero! Interventions can be low-key.

WHAT YOU CAN DO

- Checking in with a friend or floormate who you notice is spending more time alone.
- Stepping in on the dance floor when you see someone who looks uncomfortable.
- If you see someone pressuring others to drink, letting them know that’s not OK.

WHAT MAKES IT HARD?

It can be hard to step in. Everyone has barriers to intervening. Being honest about our barriers ahead of time and talking with others makes it more likely that we’ll be ready to act when it really matters.

“I’m not part of the situation. It’s not my place to step in.”

“Other people won’t support me if I intervene.”

“What if I’m wrong and everything is fine?”

In a recent survey, 88% of students responding said they would feel “glad” or “very pleased” if a concerned friend checked in with them if they were leaving a party to hook up.

Bystander intervention is about finding something you CAN DO

Here is what other DARTMOUTH students have to say!

JOIN US!

D - Do Something Yourself
B - Bring Others In
I - Ingenious Alternatives

* (n=92 undergraduate students, survey administered via Pulse on 4/10/17)