

# Be a Blue Hen Friend

## How to Read This Chart

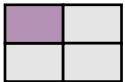


**Alone vs. With Others:** Being on your own vs. being in a group

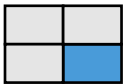


**Close vs. Distant:** Being physically near an incident vs. being physically far, OR being at the same time as vs. after the time of the incident

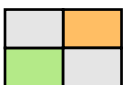
**Security:** Your safety matters when you're being a Blue Hen friend.



Being **Alone and Close** might be riskier to those who intervene, so the suggestions in the upper left are often considered **less secure** ways of helping.



Being **With Others and Distant** poses fewer risks than the other options, so the suggestions in the lower right are considered **more secure** for those stepping in.



Being **Alone and Distant** (lower left) or being **With Others and Close** (upper right) can have similar levels of moderate risk. Use your best judgment in any situation and *if in doubt, call for help*.

## What Kinds of Strategies Can I Use?

### Close Up

Create a physical presence (like potato chip guy or a human chain)

Appeal to values: "I know you're a better person than that"

De-escalate with humor: Around people you know, cut tension with something funny

Ask questions: "Why would you say that?" "Are you sure you want to do that?"

Distract the person by finding a way to draw attention elsewhere

Set limits by communicating clear boundaries about behavior in your environment

### Distant

Use a code word or gesture that you've agreed upon as a group

Divide and conquer: Delegate responsibilities among the group

Appeal to authority: Call an RA, talk to your risk management chair, etc.

Have a group game plan you've talked about ahead of time

Talk later and/or set limits: Once you're removed from the incident, be assertive and set boundaries for what is and isn't okay

Ask others for help: Grow in numbers

***Calling 911 is always an option--when in doubt, don't hesitate!***

## Being an Active Bystander is Vital...and Hard!

We want to acknowledge that being the one who steps in is sometimes a hard choice to make. People worry about their reputations, about putting themselves out there, about standing out or offending someone. We hear you.

Statistics show that the vast majority of Blue Hens do want to step in and do something. We encourage you to **trust your gut**. If something feels wrong, chances are strong that other people feel that way, too.