Blue Hens CARE
Create distraction
Act directly
Rally others
Extend support
(Adapted from RAINN.org)

and Intervene
Protect and look out for each other. But first, **stay safe**!
How will you be an Active Bystander?
Create

DISTRACTION

- Compliment them on something they are wearing.
- Spill a drink on someone.
- Start talking about a random topic: a movie or the weather.
- Tell a white lie: pretend to be the victim's friend.
- Tell them someone is looking for them.
Act DIRECTLY

Direct intervention can be risky. Assess the situation: is it safe, will it escalate?

"Knock it off."
"That's not cool."
"What you're saying is inappropriate."

Move to stand next to the person, or between them and their aggressor.

Check in-
"Are you okay?"
"Can I help you?"

Interrupt someone taking an intoxicated person to their room.

If it is safe to do so, say:
"You're making them feel uncomfortable."
Ask someone to come with you. There is power in numbers.

Enlist an authority figure: RA, bartender, bouncer, party host, security guard.

If there is imminent danger, call 911.

*Police and other authorities are not welcome in all communities.

Ask someone to intervene in your place. E.g. ask their friend to take them to the bathroom.
Believe
Saying: “I believe you” can be powerfully healing to someone who has been harmed.

Support
Sit still with the urge to take care of them. Let the person take care of themselves. You are the splint or brace.

If someone else intervenes, be sure to have their back.

Listen
Listen empathically. Try not to interrupt or ask questions. Offering a listening ear can make all the difference.