

## BYSTANDER INTERVENTION TIPS

**Things can get blurry when it comes to sex, dating and relationships. Knowing how to be an active bystander is a great way to look after your mates, keep an eye on strangers and stop something escalating.**

### Be aware of lower risk situations

Gendered misconduct can appear in subtle ways, like:

- Using sexist language or jokes
- Talking about others as sexual objects
- Perpetuating rape myths or victim blaming
- Making harassing comments or gestures
- Displaying pornography

#### 1. Call it out:

Don't get personal - address their comment

Ask a question about their statement to get them to reconsider it

Gain the support of others around you by using a "we" statement

Help the person make connections to their own experience, or that of loved ones.

#### 2. Take non-verbal action:

If you're not comfortable challenging the comment verbally, take non-verbal action - sigh, walk away, look down, but don't laugh or smile.

#### 3. Bring it up later:

Bring it up directly with the person in a less public setting

- For more practical tips, visit [www.theline.org.au](http://www.theline.org.au) and [www.arc.unsw.edu.au/consent](http://www.arc.unsw.edu.au/consent)

### Reporting

If you would like to report UNSW-related sexual misconduct, you can do so at the website below. All reports remain confidential and you're given lots of options about how the case will be responded to.

<https://www.edi.unsw.edu.au/sexual-misconduct>

The content of this fact-sheet adapted by Gendered Violence Research Network (GVRN) and Arc from the work of Latane, B., & Darley, J. M. *The unresponsive bystander: Why doesn't he help?* New York: Appleton-Century-Crofts, 1970. The GVRN is a joint initiative of UNSW Arts & Social Sciences and UNSW Law.

Disclaimer: while attempts have been to make this information as accurate as possible, we are unable to guarantee its currency or appropriateness for all circumstances.

### Be aware of high risk situations:

Have a sense of when you might be in an environment where bystander intervention may be required.

- Witnessing a violent or abusive interaction
- Someone is being threatened or harassed
- Someone shares their plans to commit an offence
- Alcohol is being used to make someone vulnerable
- An intoxicated person is being targeted/isolated
- A friend is bringing an intoxicated person to their room.

**1. Safety first. Your own safety is your paramount concern. Do not intervene in a situation if you may be harmed or your intervention may negatively affect the safety of others - call UNSW Security (02) 9385 6000 or the Police (000).**

**2. Stay Calm** - If you do decide to intervene, stay calm, keep your tone neutral and body language non-threatening. Try to come up with a plan with others around you. Have an exit strategy in mind before intervening.

**3.** Consider the **Three D's** of bystander intervention:

**Direct** - directly address the aggressor and/or ask the victim if they are OK

**Distract** - be creative to diffuse the situation; this may give everyone a chance to cool down, or the victim an opportunity to get out of the situation

**Delegate** - get someone else to help, e.g. a friend, staff member, Security, Police

**4. Support the victim** - In some situations, ignore the instigator and sit with the victim and show your support (e.g. sit with a victim on public transport and talk about a random topic like the weather)