

HELPFUL BYSTANDER BEHAVIORS

1. If I suspect that my friend has been drugged, I seek professional help.
2. If I saw someone who was intoxicated left behind by her friends, I tell them to take her with them.
3. If I suspect that my friend is in an abusive relationship, I ask her/him and provide information about resources available.
4. If I know my friend is in an abusive relationship, I offer to accompany her/him to the crisis center.
5. If I know my friend is in an abusive relationship, but is not ready to go to the crisis center, I go to the crisis center alone or with some of our mutual friends to talk about my/our feelings and concerns and to discuss ways to engage with my friend about her/his abusive relationship.
6. If I suspect a friend has been sexually assaulted, I let her/him know I am here if they want to talk.
7. If I hear someone yelling and fighting, I call 911.
8. If I see someone spike another person's drink, I stop them and/or call police.
9. If I see a friend grab, push or insult a woman, I say something or go get help.
10. If I see a stranger grab, push or insult a woman, I say something or go get help.
11. If I see a friend take an intoxicated woman up the stairs, I stop him and ask what he is doing, and don't let him continue if he says he is planning to have sex with her.
12. I attend open forums and special events pertaining to sexual violence, relationship violence and/or stalking.
13. I would call the local rape crisis center if my friend told me s/he was raped.
14. If someone appears upset, I ask if they are okay.
15. If I notice someone has a large bruise, I ask how they were hurt.
16. If I hear an individual use the word "bitch, cunt, pussy," pull them aside and explain why using that term is inappropriate.

Bystander Intervention & Sexual Violence: Establishing a Community of Responsibility ©

17. If I see a person sexually assaulting another person, I intervene.
18. If my professor explains that women “say ‘no’ when they really mean ‘yes’,” I interrupt and make an attempt to educate the professor.
19. I talk to my friends about consent... and how he or she should wait until their partner verbalizes his/her feelings.
20. If I choose to leave a party early, I account for the people I came with.
21. If I see two men dragging a woman into a room, I call for help and intervene.
22. If I hear someone say, “She deserved to be raped,” I interrupt and explain that no one ever deserves or asks to be raped.
23. If I hear a sexist, racist, homophobic, etc. joke, I speak up and say this isn’t okay.
24. If I hear someone say, “that test (video game, etc.) raped me,” or a comment similar to that, I explain how using the word rape in everyday situations is inappropriate. I remind them that rape is a serious crime.
25. If I see commercials or ads exploiting women, I do not support that company.
26. If I see commercials or ads exploiting women, I explain to my children, nieces, nephews, others that this is not okay.
27. I will offer to watch my friends’ drinks when they leave the table.
28. If I know or suspect that a friend is in an abusive relationship (physically, sexually, or emotionally), I tell them they can confide in me.
29. I share statistics with my friends about sexual violence, relationship violence, and stalking.
30. If someone needs my help and I don’t have the answer, I tap my resources and find someone who does.
31. If someone says that someone is lying about being raped because they regret having sex after it happens or as a way to get back at someone, I let the person who says that know that the percentage of false accusations of rape are about the same as for other crimes (between 2% and 8%).