Bystander Intervention

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## LEARNING OBJECTIVES

<table>
<thead>
<tr>
<th>Review</th>
<th>Review Bystander Intervention Theory</th>
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<tbody>
<tr>
<td>Identify</td>
<td>Identify Specific Bystander Strategies</td>
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<tr>
<td>Practice</td>
<td>Practice Skills</td>
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TAKE CARE OF YOURSELF
BRAINSTORM ON BYSTANDER RESPONSIBILITY

• What is a bystander?

• Are our ideas of bystanders positive or negative?

• Why?
DEFINITION

Bystanders are individuals who witness emergencies, criminal events or situations that could lead to criminal events and by their presence may have the opportunity to provide assistance, do nothing, or contribute to the negative behavior.
Active Bystander
In January 2015, two former Vanderbilt football players were convicted of rape.

Vanderbilt Rape Case: 2013
WHERE DID THE STUDY OF BYSTANDERS BEGIN?

The Case of Kitty Genovese

• Kitty Genovese was stalked and stabbed outside her apartment in Queens, NY, in 1964

• Despite the fact that there were many individuals who either saw or heard the attack, little was done in assisting her. She died as a result.

• This became a national story and prompted social scientists to start researching the bystander phenomenon.

• **Video**
INTERVENTION RESEARCH CONFIRMS:

RECOGNIZE SITUATION
➢ You must be aware of the problem and recognize the negative impact on the victim.

BEING ASKED
➢ Those who are asked and agree to help, are far more likely to intervene than those who are not asked.

ROLE MODEL
➢ People who witness prosocial interventions are more likely to effectively intervene in the future.

GROUP SIZE
➢ The more people are present, the lesser the likelihood of a bystander effectively intervening.
### WHAT ARE SOME INAPPROPRIATE BEHAVIORS?

**Behaviors:** Unreciprocated, Unwanted, Repeated

**Environments:** Offensive, Intimidating, and Hostile

<table>
<thead>
<tr>
<th>Low</th>
<th>RECOGNITION</th>
<th>High</th>
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<tbody>
<tr>
<td><strong>Visual:</strong> Winks, Invading body space, Posters, Drawings, Cartoons</td>
<td><strong>Verbal:</strong> Sexist, Sexual Remarks</td>
<td><strong>Physical:</strong> Touching, Sexual/Physical Assault</td>
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<tr>
<th>High</th>
<th>FREQUENCY</th>
<th>Low</th>
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Behaviors: Unreciprocated, Unwanted, Repeated

Environments: Offensive, Intimidating, and Hostile
Many victims develop post-traumatic stress disorder (PTSD)

Other consequences include fear, suicidal feelings, interference with school and job, disrupted relationships, helplessness, shock and disbelief, guilt, humiliation, self blame, flashbacks, depression, nightmares, insomnia, impaired memory, drug and alcohol abuse.
5 STEPS OF Bystander Intervention

1. Notice that something is happening
2. Recognize something is wrong and needs intervention
3. Take personal responsibility
4. Know how you can help
5. Take Action

(Darley, J. M., & Latané, B., 1968)
BYSTANDER INTERVENTION: TAKE NOTICE

Awareness Test
The Bystander Effect

The idea that individuals are more likely to help when alone than when in the company of others.

(Latane & Darley, 1970)
People make decisions based on:

- *Perceived cost*
- *Similarity*
- *Mood*
- *Judgement*
- *Social norms*
Bystander Intervention: Take Action

Bar Scene
BYSTANDER INTERVENTION: IN-PERSON SKILLS

Direct ➔ Distract ➔ Delegate

The 3 D’s
THE 3 D’S: BE DIRECT

- Directly address one or both of the people involved
- Use ‘I’ Statements
- Express your concern
- Directly offer to help
- Use Humor
- Use body language
- Directly address the offense
THE 3 D’S: DISTRACT

Create a distraction to de-escalate the situation or to buy time.
THE 3 D’S: DELEGATE

• Ask for help
• Group Intervention/Teamwork
• Entrust responsibility to another person
BYSTANDER INTERVENTION: IN-PERSON SKILLS

The 3 D's

Direct → Distract → Delegate
BYSTANDER INTERVENTION: TAKE ACTION

- Strategies for Online Harassment:
  - Vote down abusive content
  - Flag harassing post for review
  - Post supportive comments
  - Reach out to those being victimized (publicly or privately)
  - Take screenshots
  - Use humor
HOW TO RESPOND

• Listen with empathy
• Believe them
• Support and respect his or her decisions
• Know/Find where to refer

• Brene Brown Video Link
QUESTIONS?

What other thoughts or questions do you have?
THANK YOU!
REFERENCES


Berkowitz, A. D. (2002). Fostering men’s responsibility for preventing sexual assault. In P. A. Schewe (Ed.), Preventing violence in relationships: Intervention across the lifespan (pp. 16)


