

# How To Be An Upstanding Bystander

**Being an Upstanding Bystander means being the best version of ourselves when someone else is in danger of being the worst version of themselves.**

To create a 'Culture of Consent' on your campus, you have an important role. A key component of this role is becoming an 'Upstanding Bystander'.

Sometimes, you will be a witness, or a bystander, to a non-consensual event. Carefully weigh the pros and cons of different ways to intervene, and choose the action that feels the safest and most appropriate for you.

No matter what action you choose, it is important that you do *something*. You could be saving a life! Even compassionately checking on the victim afterwards can make a huge difference.

If you see someone in a situation where they appear to be uncomfortable or receiving unwanted attention or contact, consider doing one of the following:

**Distraction:** Call them on their cell phone and give them an excuse to leave immediately, have a friend call them, interrupt and tell them there's something important you have to show them or their ride is leaving, etc.

**Group intervention:** Get a group of friends together to interrupt what's happening and pull the person out of the situation.

**Speak up:** Say things like: "That's not cool." "We do not talk like that here." "That's not true." "Did you ask for consent?" "They don't look like they really want to do that." "They've been drinking, so they really can't make a decision right now, ask them when they're sober." "That's not funny." "That's not a good idea." "That's not a responsible thing to do." "Is that how you would want to be treated?"

**Don't make the bully or the perpetrator the target:** Don't gang up on them and start attacking them or humiliating them. The point is not to "get" the other person, but to make sure everyone stays safe.

**Don't laugh:** Don't laugh at rape jokes or slut shaming, or anything that objectifies others. That just perpetuated rape culture.

**Offer support to the victim:** Once someone is away from a perpetrator ask, "How can I help you?" "What would make you feel better?" "Do you want to talk to an adult?"

**Refuse to participate in victim shaming in person or on social media:** Part of the commitment to Do No Harm to others is not participating in victim blaming and speaking up when you see other doing so.

**Get an authority figure:** Call a parent, a coach, an adult you trust, or the police.

You do *not* need to put yourself at risk or in any danger in order to help someone else remain safe. You can always ask for help from an adult you trust such as a parent or family member, teacher, counselor, coach, adult family friend, or the police.

Saying nothing is the same thing as helping the perpetrator.

**Don't be silent, stand up, speak up.... Be an Upstanding Bystander!**