

As a bystander, you have a powerful influence over people and situations and even small acts can help you to intervene. Here are 3 different ways to think about your role as a bystander:

## DIRECT

Using this approach means you are directly intervening in a situation by interacting with a person who is involved to express your concern. This can be as simple as asking "are you okay?"

## DELEGATE

If you are witnessing a situation that makes you feel uncomfortable but feel another person may better be equipped to address it (a friend, police officer, bartender), you can delegate by reaching out to another person to intervene.

## DISTRACT

Distraction can be a powerful aid in diffusing a negative situation by turning attention elsewhere. This could include spilling a drink or asking someone for directions.