



# BYSTANDER INTERVENTION TIPS

- 1.** Talk to your friends honestly and openly about sexual assault.
- 2.** Don't be a bystander – if you see something, intervene in any way you can.
- 3.** Trust your gut. If something looks like it might be a bad situation it probably is.
- 4.** Be direct. Ask someone who looks like they may need help if they're okay.
- 5.** Get someone to help you if you see something – enlist a friend, RA, bartender, or host to help step in.
- 6.** Keep an eye on someone who has had too much to drink.
- 7.** If you see someone who is too intoxicated to consent, enlist their friends to help them leave safely.
- 8.** Recognize the potential danger of someone who talks about planning to target another person at a party.
- 9.** Be aware if someone is deliberately trying to intoxicate, isolate, or corner someone else.
- 10.** Get in the way by creating a distraction, drawing attention to the situation, or separating them.
- 11.** Understand that if someone does not or cannot consent to sex, it's rape.
- 12.** Never blame the victim.
- 13.** If you are a victim or survivor, or helping someone in that situation go to [www.notalone.gov](http://www.notalone.gov) to get the resources and information you need. You can also call the National Sexual Assault Hotline at 1-800-656 HOPE.