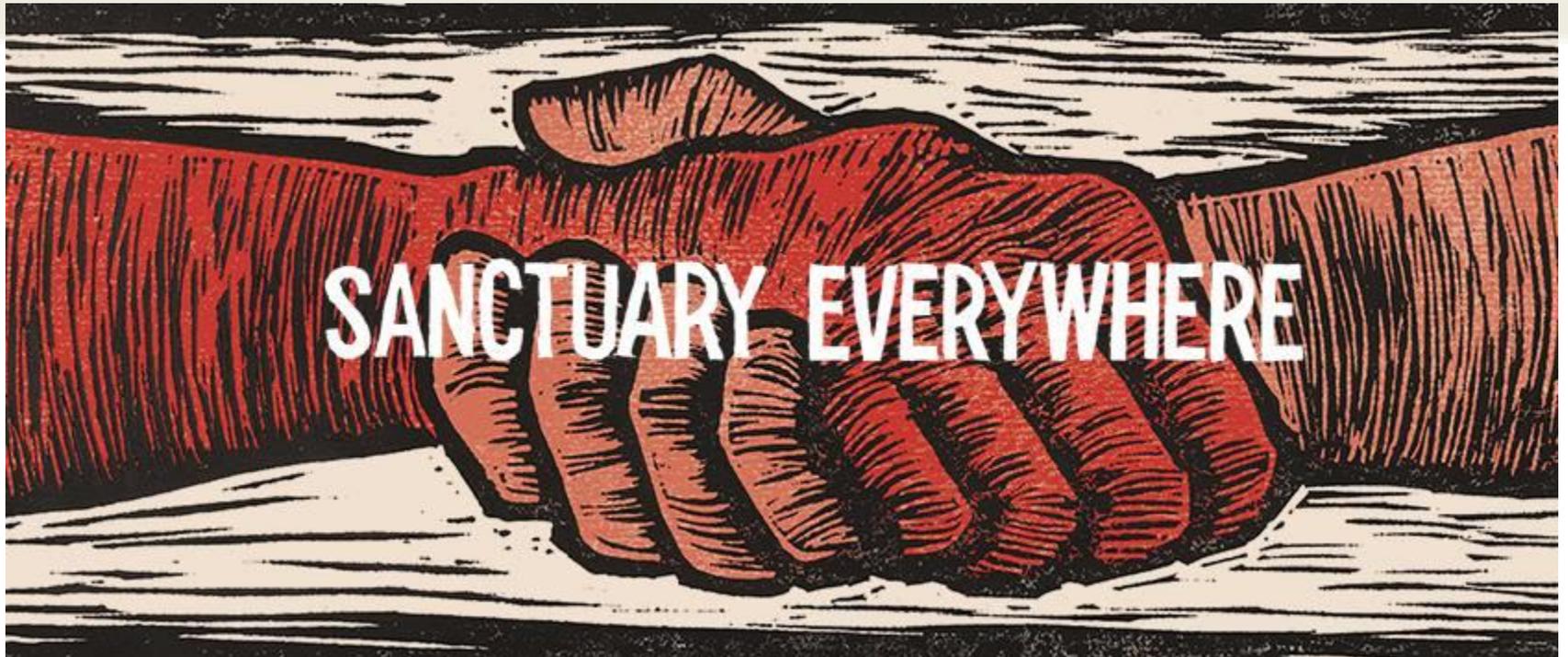


# Bystander Intervention Training

with Lucy Duncan



# Presenter



Lucy Duncan, Director of Friends Relations, works in Philadelphia

# Bystander Intervention Training Goals

## BYSTANDER INTERVENTION 101



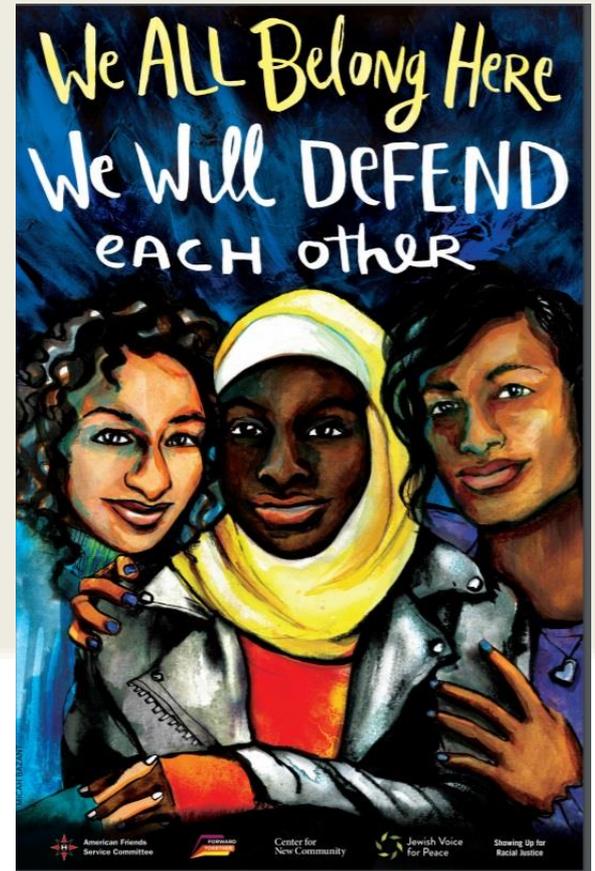
### Workshop Goals (3 P's)

1. PROVIDE resources & tools
2. Offer space to PRACTICE what we preach
3. One piece of our commitment to love & PROTECT one another

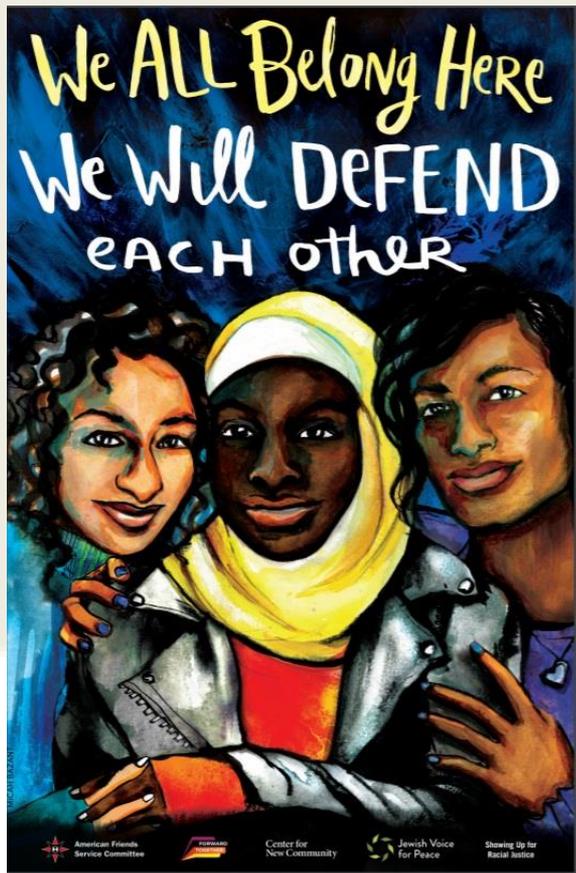
Remember to stay grounded and listen to your body in these situations.

This training was produced by the People's Response Team of Chicago, of which AFSC is a member organization. Find the manual at [www.peoplesresponseteamchicago.org](http://www.peoplesresponseteamchicago.org).

# Questions on whiteboard



What are the biggest barriers to intervening?  
What keeps you remaining a bystander?  
How do you know when a situation requires  
intervention?



# Tips for intervention

- Be alert, scan your environment
- Notice how body is responding
- Remember to breathe, say, “NO”
- Go into a situation with buddy if possible

# Dos and Don'ts of bystander intervention



DO:

**Do make your presence as a witness known.**

- If possible, make eye contact with the person being harassed and ask them if they want support.
- Move yourself near the person being harassed. If possible and you feel you can risk doing so, create distance or a barrier between the person being harassed and the attacker.
- If it's safe to do so, and the person being harassed consents—film or record the incident.

# Dos and Don'ts of bystander intervention



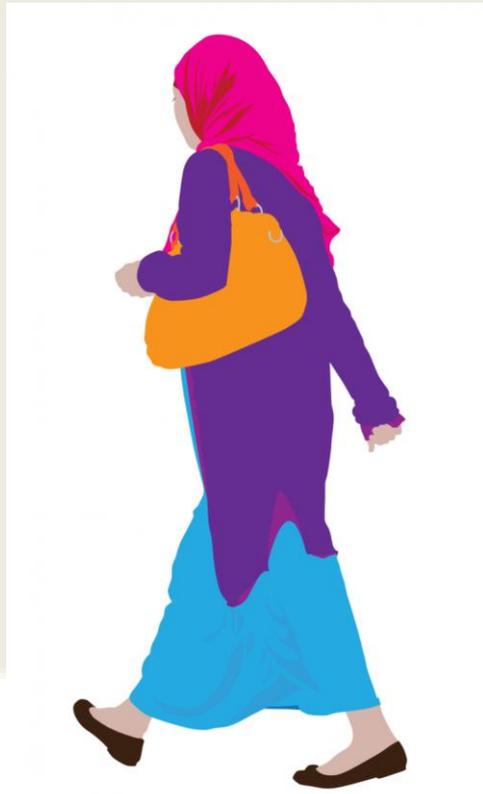
DO:

**Do take cues from the individual being harassed.**

Is the person engaging with the harasser or not? You can make suggestions, “Would you like to walk with me over here? Move to another train car? For him to leave you alone?,” and then follow their lead.

Notice if the person being harassed is resisting in their own way, and honor that. (Especially white folks, don't police tone of the person being harassed). Follow up with the individual being harassed after the incident is over, see if they need anything else.

# Dos and Don'ts of bystander intervention



DO:

**Do keep both of you safe.**

- Assess your surroundings—are there others nearby you can pull in to support? Working in a team is a good idea, if it is possible.
- Can you and the person being harassed move to a safer space/place?

# Dos and Don'ts of bystander intervention



DO: 4 ds of bystander intervention

- **Direct:** Step in, directly, to intervene.
- **Distraction:** Do something to distract the harasser
- **Delegate:** Work with someone with more power than you and collaborate on how to intervene
- **Delay:** Check in with person harassed after an incident, ask them if they are okay

# Dos and Don'ts of bystander intervention



## DON'T:

### **Don't call the police.**

- For many communities experiencing harassment right now (including Arab and Muslim communities, Black people, queer and trans folks, and immigrants) the police can cause a greater danger for the person being harassed.

### **Don't escalate the situation.**

- The goal is to get the person being harassed to safety, not to incite further violence from the attacker.

# Dos and Don'ts of bystander intervention



## DON'T

### **Don't do nothing.**

- Silence is dangerous—it communicates approval and leaves the victim high and dry. If you find yourself too nervous or afraid to speak out, move closer to the person being harassed to communicate your support with your body.



# Scenario 1

## What would you do?

***Verbal harassment on the train, where the person being targeted appears uncomfortable and unsure of how to respond.***

Description: You are riding on the train, it's crowded, and notice a man muttering slurs and threats under his breath towards a younger person of color near him. You are nearby and notice there is more room on the other end of the train car. What do you do?



## Scenario 2

### What would you do?

***Public, Verbal Abuse where the person being targeted is responding assertively.***

Description: You and your friend are walking in a crowded shopping area, and you overhear yelling. You stop and notice that a man you perceive to be white is shouting aggressively at an older Black woman, including telling her to “get a job.” She is yelling back and pointing her cane at him, telling him to leave her alone. What do you do?



## Scenario 3

### What would you do?

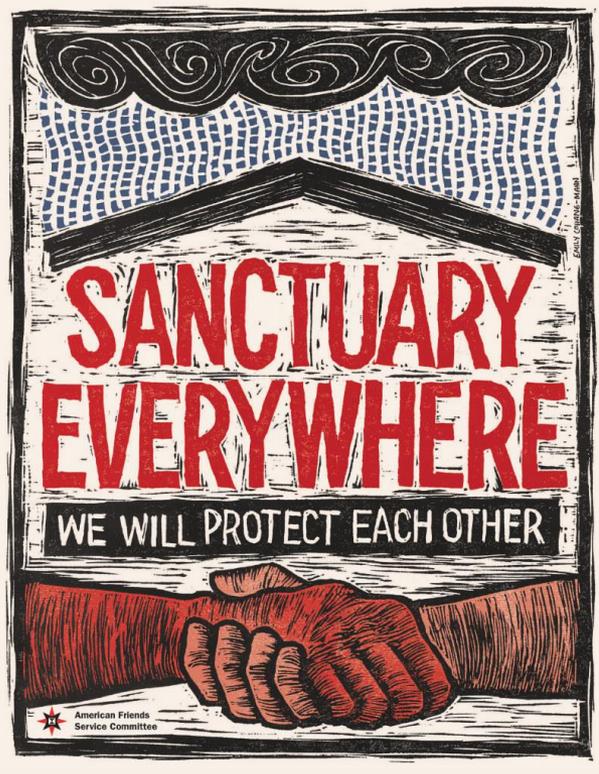
***A situation involving the police harassing a stranger.***

Description: You and a friend are walking home past a 7-11 and notice two police officers harassing someone who appears to be homeless and telling them they cannot sit on the sidewalk. You also observe that the manager/employee of the store is watching the situation. What do you do?



# Questions Comments

Use Question and Answer Panel



# Resources

People's Response Team curriculum

[www.peoplesresponseteamchicago.org](http://www.peoplesresponseteamchicago.org)

Dos and Don'ts of bystander intervention

<https://www.afsc.org/resource/dos-and-donts-bystander-intervention>

4 ds of Bystander Intervention

<https://thoughtcatalog.com/abbey-fox/2013/07/the-four-ds-of-bystander-intervention-how-to-make-the-world-a-better-place/>