



# Increasing A Bystander Intervention Climate

# Introduction

In order to assist someone (or a group of individuals) out of any situation may be difficult. It can take:

- Knowledge of a problem
- Empathy towards victim(s)
- Confidence within yourself
- Support from others around you

# Introduction

Bystander (behavior) interventions aim to reduce violence by encouraging individuals to intervene in a safe and effective manner when they hear or see circumstances that could lead to violence.

# Overview

- Explain Bystander Intervention
- Identify your Organizations Bystander Intervention abilities after a high risk situation
- Recognize the Negative Effects of an Inexistent Bystander Intervention Climate
- Know the Strategies to Increase an Organizations Bystander Intervention Climate

# Bystander Intervention

Bystander intervention is described as a member's observation of a high-risk situation (i.e., a situation that may precede a negative experience), and how they would intervene to diffuse or stop the behavior or remove a potential victim from the event.

# Negative Effects

When an observer of any negative behavior does not intervene, there may be short and long term consequences:

- Perception the negative behavior is wanted
- Social acceptance from others
- Reoccurring harmful behaviors
- Long-term health consequences
- Increase in violence/criminal activity
- Decreased teamwork, cohesion and/or sense of belongingness

# Strategies

Knowing how and when to intervene may be difficult, and practice can make perfection.

The following are strategies to increase a Bystander intervention climate.

# Strategies (cont.)

- Discuss and explain why intervening in different situations is crucial to ensuring a healthy environment
- Demonstrate how to intervene if you feel someone is in an uncomfortable situation
- Ensure **all leaders participate in all training events** (introduce guest speakers, provide closing remarks, etc.)



# Strategies (cont.)

Practice can make perfection:

1. Educate yourself, your peers, and your subordinates on how and when to safely intervene during various scenarios.
2. Then practice the strategies to determine the best possible intervention.
3. When you are complete practicing, gather others, and practice together more; never practice to time, practice to become perfect.

# Strategies (cont.)

For more information on Bystander intervention (including additional strategies) visit:

- [www.defenseculture.mil](http://www.defenseculture.mil)
- [www.sapr.mil](http://www.sapr.mil)
- [www.cdc.gov](http://www.cdc.gov)
- [www.rain.org](http://www.rain.org)