Bystander Intervention Ideas

1. If someone appears upset, ask if they are okay. Be prepared for quick dismissals (“Yeah, I’m fine”). Ask how you can help.

2. When leaving a party, account for the people who came with you.

3. If you see people fighting in a way that looks dangerous, call the police or Public Safety.

4. If a friend seems suicidal, ask if they are thinking about hurting themselves and suggest calling the Wellness Exchange together. If your friend refuses, call the hotline on your own and let the counselor know you are worried about your friend.

5. If you suspect that someone has alcohol poisoning, contact the nearest authority figure and emergency services, make sure the person is lying on their side, and stay until help arrives.

6. When the topic of sex comes up, say that seeking and receiving consent is always necessary and can even be sexy. Visit www.nyu.edu/sexual-respect for more resources.

7. If someone is intoxicated and left behind by their friends, help them contact their friends to get home safely. If you have no information about them, call Public Safety to assist.

8. Offer to watch your friends’ drinks when they leave the table. And then do it.

9. If you hear someone using biased language, don’t ignore it. Try saying: “You used the term ‘x’ and many people find that derogatory. Is there another way to say what you mean?”

10. If a friend is in an abusive relationship (physically, sexually, or emotionally), tell them they can confide in you, and offer to connect them to resources. If they refuse your help, but you believe they are in danger, call the Wellness Exchange hotline and tell the counselor you are worried about your friend.

11. If two people are intoxicated and you think one is pressuring the other into leaving together, create a distraction like spilling a drink, joining their conversation, or saying to one of them: “Your friends are looking for you.”

12. If you suspect a friend has been sexually assaulted, let them know you are there if they want to talk or take them to get help.