Bystander Intervention Situation Worksheet

1. Describe the situation:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. Consider the 5 decision making steps:

   1. Notice the Event:
      (At what point could you notice? What could prevent you from noticing?)

   2. Interpret it as a Problem:
      (What are the red flags? Would others see it as a problem?)

   3. Assume Personal Responsibility:
      (Do you have an opportunity to intervene? What are your first thoughts and/or hesitations?)

   4. Decide How to Help:
      (What are direct and indirect ways to help? What resources could you use? How will you get others to take notice?)

   5. Implement the Help-TAKE ACTION:
      (What will you do? Who else will help?)

4. What would you want others to do for you in this situation?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3. What could you do to make the intervention Safe, Early, and Effective?

   Safe:
   Early:
   Effective:

5. Plan of action:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________