ACTION ZONE
Bystander Intervention Skills

ALCOHOL MISUSE
- Look for signs of alcohol poisoning using CUSP: Cold, clammy skin; Unconscious; Slow, irregular breathing; Puking, particularly while passed out
- If someone is showing signs of alcohol poisoning, call 911, then contact a nearby NYU authority figure (e.g. Resident Assistant) and Public Safety (212-998-2222).

SEXUAL ASSAULT
If someone you know has been sexually assaulted:
- Do: Listen actively, support, believe unconditionally, withhold judgment, ask thoughtful questions, take care of yourself too
- Don’t: blame, try to be a detective, provide simple solutions, ignore your own need to discuss your feelings
- Do: Call the Wellness Exchange (212-443-9999) and ask for a Crisis Response Counselor to discuss medical, counseling, and judicial options – for the survivor or for yourself

STUDENTS IN DISTRESS
If someone you know is showing signs of distress or crisis – for example: references to death, withdrawal from friends, loss of interest in school or other activities, abrupt changes in mood, etc.:
- Address the issue early before it becomes more serious. Call the Wellness Exchange hotline (212-443-9999) for guidance
- Use the QPR method in conversations with the person in crisis:
  - Question: Ask questions to see how the person is doing; point out specific concerns you have
  - Persuade: Encourage the person to seek and accept help
  - Refer: Refer the person to specific, appropriate resources (offer to call on their behalf)
- If you think someone may be feeling suicidal, ask if they are thinking about hurting themselves. If the situation is urgent, call the Wellness Exchange (212-443-9999) or NYU Public Safety (212-998-2222). Don’t leave the person alone.

OPPRESSIVE COMMENTS
In order to be effective allies to others, we can and should speak up if we hear oppressive comments. Avoiding the comment or confronting the speaker aggressively may make the situation worse. The “Shifting the Person” method can be a useful approach:
- Tone: Maintain an even and calm tone
- Park/Reach: “park” your initial reaction and “reach” for more information from the other person. Ask open-ended questions like “What makes you feel that way?”
- Decrease Defensiveness: Avoid using the word “why” as it implies judgment. If you start to notice the person getting defensive, go back to open ended questions and repeating back what you are hearing.

RANDOM ACTS OF KINDNESS
Being an ally to someone in need doesn’t have to be a huge production. Simple actions can change someone’s day for the better: if the person behind you on line to buy coffee seems to be in a really big hurry, let them go ahead; pay a shy classmate a compliment; give up your seat on the subway to someone who’s carrying something heavy. Opportunities abound to practice your Bystander Intervention skills in safe and positive ways, and this practice can help build your confidence to intervene in tougher situations.