

# Bystander Intervention

## Sexual Assault, Dating Violence, Domestic Violence, and Stalking

### Be Safe

Before stepping in, assess for safety. Ask yourself if you can help safely. If no, seek others for assistance. It is generally safer to step in when you are with a group or when the victim is alone. Those who may assist when safety is an issue include police and WDTC's Title IX Coordinator.

### Intervention Options - The 4 Ds

To intervene safely, assess the situation and determine the best approach.

- **Direct Action** - call out the negative behavior or ask the victim if they are ok.
- **Distract** - make up an excuse to get the victim away from the perpetrator.
  - Interrupt the conversation
  - Spill something on purpose
  - Call their cell phone repeatedly
  - Ask them to go to the restroom with you
  - Tell your friend it is time to leave
- **Delegate** - if you aren't comfortable intervening, ask someone else to help.
- **Delay** - if it is not safe to intervene at the time, walk away. Report when it is safe to do so.

### Identify Warning Signs

- Jealousy - excessive questions about who a partner spends time with; accusing their partner of being unfaithful
- Controlling Behavior - not allowing a partner to make personal decisions (controlling money, time, who they can be with)
- Isolation - not allowing their partner to be with their friends and family
- Verbal abuse - saying mean things or making jokes about their partner
- Blaming - making it their partner's fault for their own inabilities or lack of responsibility

### Report It



#### **KELLY OEHLERKING**

VP for Institutional Effectiveness and  
Student Success/Title IX Coordinator  
Kelly.Oehlerking@wdt.edu  
605-718-2931  
Office D206

*4 Ds used with permission from StepUp!*