

Being an Active Bystander

Concerning behavior:

You notice a friend's phone is blowing up with texts from their partner. They look upset by the texts. Their partner seems to be checking in on them to see where they are, who they're with.

You've got options!

- Check in and ask, "Is everything ok?"
- Text your friend's partner and ask them to back off.
- Change the subject and distract your friend from their phone.
- Talk to a mutual friend and see if they will check in.

Being an Active Bystander

Concerning behavior:

You're at a party and you notice a friend of yours is really drunk. There's a guy pushing her to drink more and talking about taking her home.

You've got options!

- Tell your friend you need to use the bathroom and take her with you.
- Talk to his friends and see if they can get him to leave her alone.
- Grab a few of your friends to help you take her home.
- Tell the guy to back off.
- Accidentally spill a drink on your friend and take her out of their to change her shirt.
- Tell your friend you think you're going to be sick and she needs to help you get home.
- Tell your friend you're uncomfortable with the guy and she should focus her energies elsewhere.

Being an Active Bystander

Concerning behavior:

You're out at a bar with a group of friends. You notice a guy you don't know that well striking up a conversation with a friend of yours. She's pretty shy and doesn't normally drink. He keeps buying her drinks and getting closer to her physically.

You've got options!

- Ask your friend if she's cool with the attention.
- Tell the guy he's coming on pretty strong.
- Ask your friend to take you on in pool.
- Make sure all of your friends leave together.
- Tell her you have a dart injury and you need her to walk to CVS with you to get a band-aid.
- Stand in the middle of them and start talking about the game that's on the bar TV.
- Text your friend and ask her if she wants you to step in.

Being an Active Bystander

Concerning behavior:

You're outside of your residence hall or apartment and you see a couple you don't know very well arguing. It looks like it's about to get physical.

You've got options!

- Ask a friend who knows the couple better to check in with them.
- Walk up to the couple and ask if everything is ok.
- Run up to the couple and tell them you lost your new iPhone, ask if they can help you look for it.
- Tell the couple to stop or you're going to call security or 911.
- Tell the couple they should try to cool things off.
- Shout, "Hey, the cops are on their way for a break in, you might wanna cool it before they get here."

Being an Active Bystander

Concerning behavior:

You've noticed that your classmate's ex is always waiting for him after class. He doesn't seem excited to see her and he often stays late to avoid her.

You've got options!

- When you walk by the ex, tell them, "Seems like he's not that into you."
- Check in with your classmate and see if he's ok.
- Ask your classmate if he wants to walk from class with you.
- Talk to a friend of your classmate's that knows him better. See if they can tell the ex to back off.
- Tell your professor to check in and see if they need to report the ex's behavior.
- Ask the ex for directions to some obscure place campus.

Being an Active Bystander

Concerning behavior:

You overhear a friend talking about “scoring” with a younger student. You hear that he’s organizing a party where first year women drink for free.

You’ve got options!

- Tell your friend in a subtle tone, “Dude, not cool.”
- Say bluntly, “It’s 2019. No one does that anymore.”
- Give your friends a heads up about your concerns, in case they plan on going to the party.
- Roll your eyes when he tells you all about it.
- Host a different party the same night.

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Concerning behavior:

One of your good friends has stopped hanging out with your group of friends. He used to be really social, but he has a new boyfriend who seems to take up all of his time. You also noticed that he quit the debate team and he didn't show up for class last week.

You've got options!

- Tell your friend you're concerned about him. Ask him how things are going.
- Talk to one of your mutual friends to see what they've noticed. See if they'd feel comfortable checking in with him.
- Tell your friend you miss him and you're always there if he wants to talk.
- Post a campus resource to your Facebook timeline at a time when you know he'll see it.
- Invite your friend to an concert that you only have one extra ticket for.

Being an Active Bystander

Concerning behavior:

You're standing in line at the concession stand at a football game. You overhear a couple behind you. The guy is accusing his girlfriend of some ugly things and calling her some pretty offensive names.

You've got options!

- Turn around and tell the guy he's making a fool of himself.
- Ask the girl if she's ok.
- Wait until the girl goes to the bathroom and check in with her when she's away from him.
- Give the guy a dirty look.
- Start talking loudly on your cell phone and get in their space.
- Go and get security.
- See if your outgoing friend will tell him to knock it off.

Being an Active Bystander

Concerning behavior:

On Facebook, you see a “friend’s” post spreading a rumor about the sexual exploits of a mutual friend. It’s mean and embarrassing.

You’ve got options!

- Tell your mutual friend about the post and see if they’re ok.
- Text or send a message to your “friend” and tell them the post was rude and not cool.
- Comment on the post that the poster is full of %@#&.
- Post a funny YouTube video or vine that’s totally off topic in the comment section.
- Report the post to Facebook.
- Put a link to an article about cyber-harassment in the comment section.

Being an Active Bystander

Concerning behavior:

Your roommate has been totally preoccupied with this girl he's interested in. You saw him going through her pictures on Instagram and he always wants to eat at the restaurant where she's a waitress. He sent her flowers a few times and she seems uncomfortable with the attention. She's told him she already has a boyfriend.

You've got options!

- You tell your roommate, "She's just not that into you, move on, man."
- You have some mutual friends with the girl. Ask them if they can check in with her to make sure she's ok. If she's not, tell your roommate to back off.
- Send your roommate a link to match.com.
- Ask the manager of the restaurant to tell your roommate he needs to leave her alone.
- Tell your roommate about a cool new place to eat.