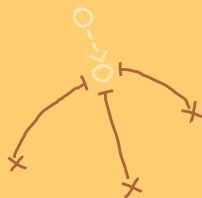


BYSTANDER INTERVENTION PLAYBOOK

Try a play from our playbook to help you intervene in a situation potentially involving sexual assault, relationship violence, stalking, and/or cyberstalking.

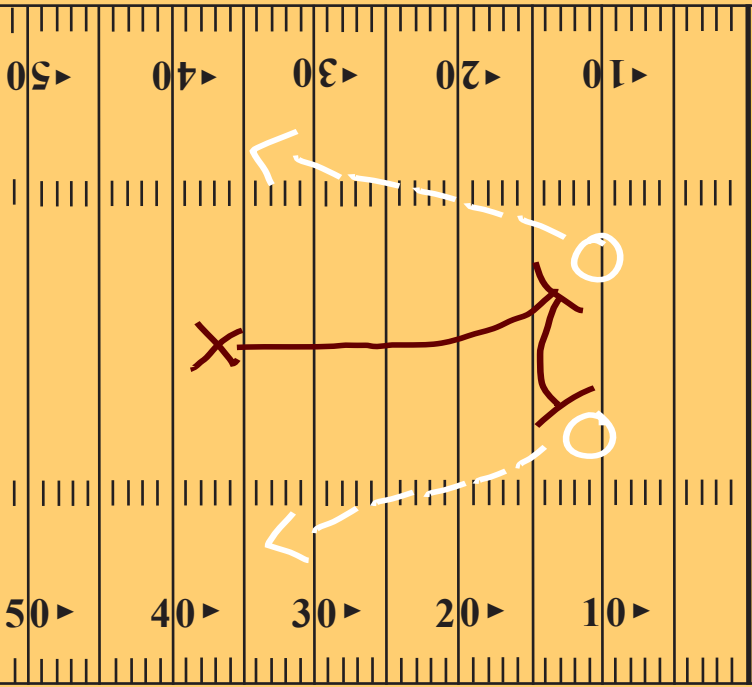


Tips for intervening:

- ✓ Approach everyone as a friend.
- ✓ Do not be antagonistic.
- ✓ Avoid using violence.
- ✓ Be honest and direct whenever possible.
- ✓ Recruit help if necessary.
- ✓ Keep yourself safe.
- ✓ If things get out of hand or become too serious, contact the police.

For more information, visit
www.stopabuse.vt.edu

DEFENSIVE SPLIT



over ↗

Need a plan for intervening in a situation potentially involving sexual assault, relationship violence, stalking, or cyberstalking?

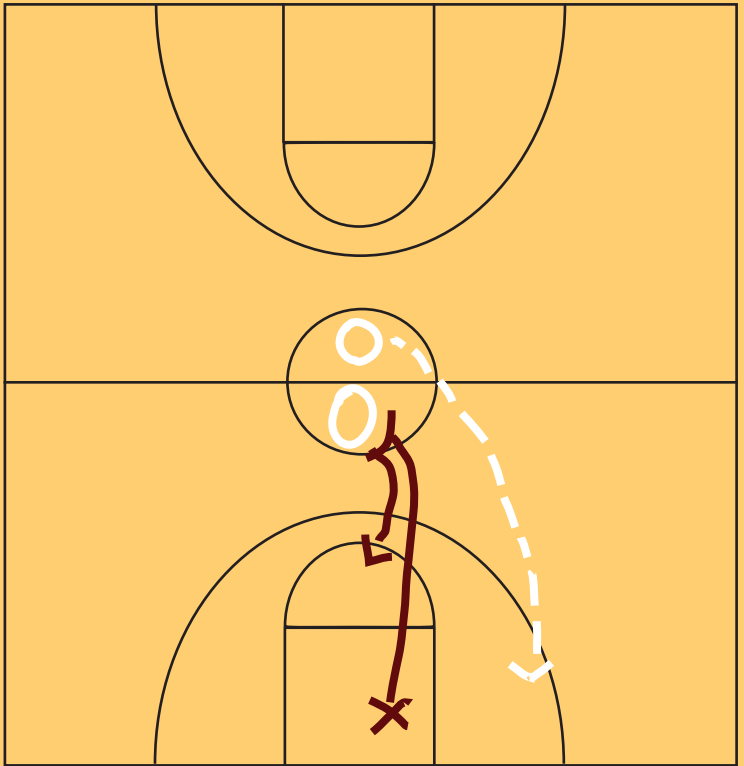
Try a play from our bystander intervention playbook.

DEFENSIVE SPLIT

Step in and separate the two people. Let them know your concerns and reasons for intervening. Be a friend and let them know you are acting in their best interest. Make sure each person makes it home safely.

www.stopabuse.vt.edu

PICK AND ROLL



over ↗

Need a plan for intervening in a situation potentially involving sexual assault, relationship violence, stalking, or cyberstalking?

Try a play from our bystander intervention playbook.

PICK AND ROLL

Use a distraction to redirect the focus somewhere else:

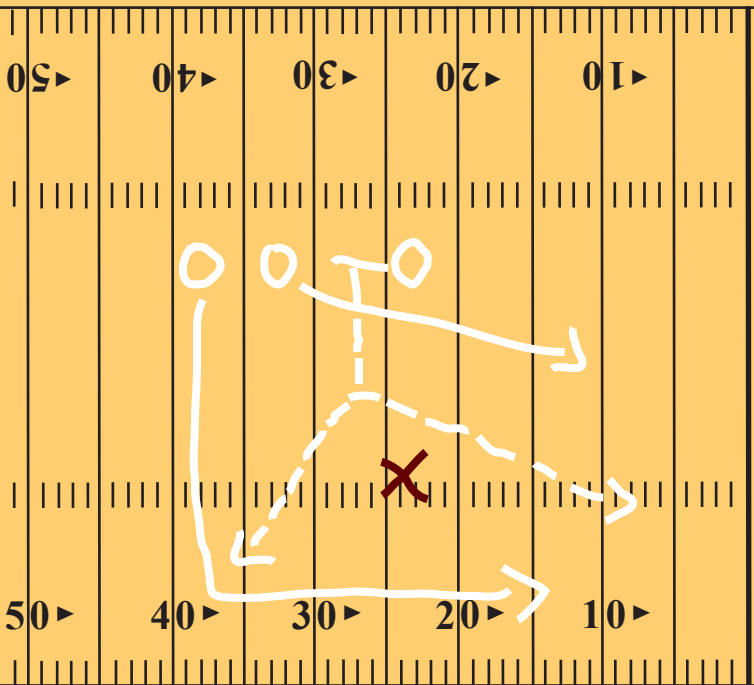
“Hey, I need to talk to you.”

or

“Hey, this party is lame. Let’s go somewhere else.”

www.stopabuse.vt.edu

the OPTION



over ↗

Need a plan for intervening in a situation potentially involving sexual assault, relationship violence, stalking, or cyberstalking?

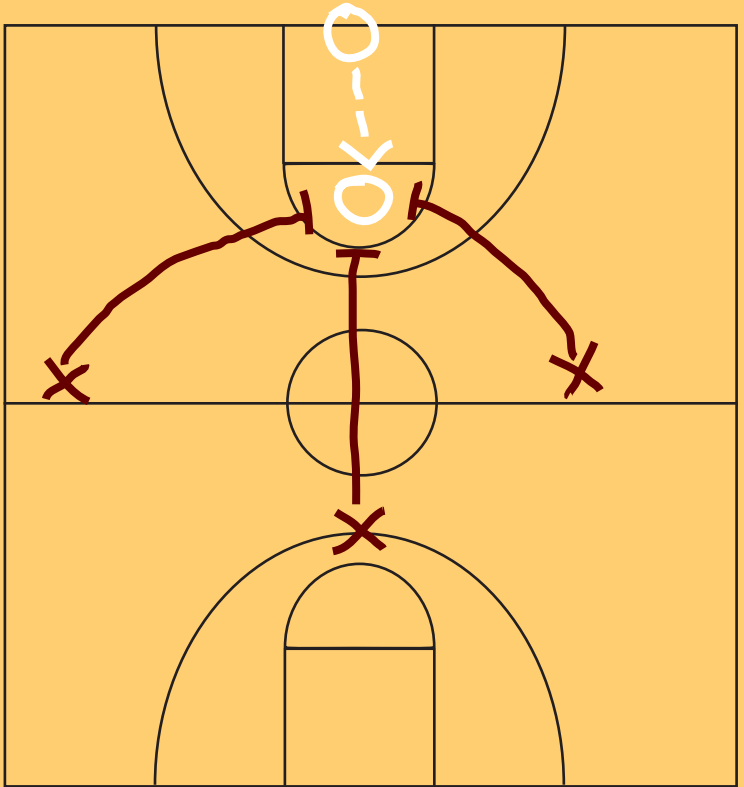
Try a play from our bystander intervention playbook.

the OPTION

Evaluate the situation and people involved to determine your best move. You could directly intervene yourself, or alert friends of each person to come in and help. If the person reacts badly, try a different approach.

www.stopabuse.vt.edu

FULL COURT PRESS



over ↗

Need a plan for intervening in a situation potentially involving sexual assault, relationship violence, stalking, or cyberstalking?

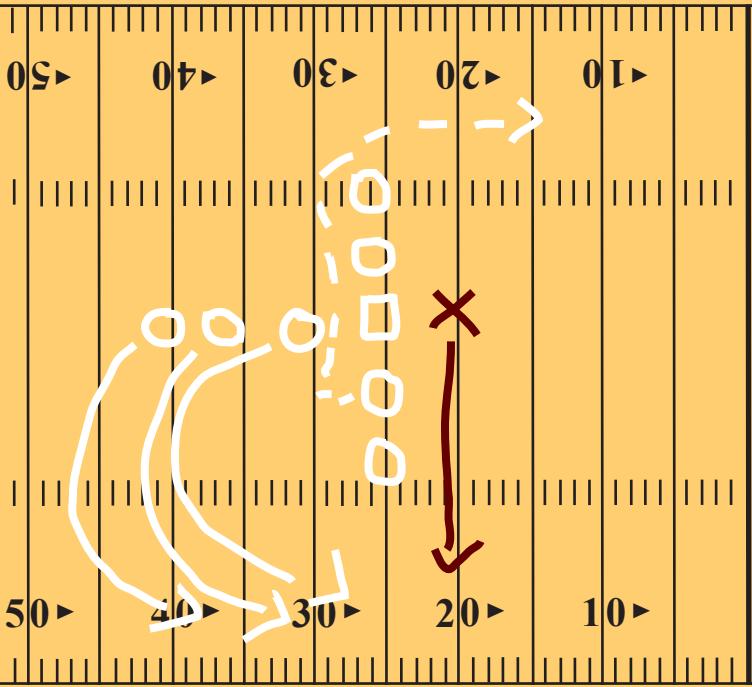
Try a play from our bystander intervention playbook.

FULL COURT PRESS

Recruit the help of friends of both people to step in as a group.

www.stopabuse.vt.edu

FUMBLEROOSKI



over ↗

Need a plan for intervening in a situation potentially involving sexual assault, relationship violence, stalking, or cyberstalking?

Try a play from our bystander intervention playbook.

FUMBLEROOSKI

Divert the attention of one person away from the other person. Have someone standing by to redirect the other person's focus (see "Pick and Roll"). Commit a party foul (i.e. spilling your drink) if you need to.

www.stopabuse.vt.edu