How to....

STEP UP!

Be a Leader, Make a Difference!

FLORIDA GULF COAST UNIVERSITY
What is Bystander Intervention?

When most people see a troubling event, they assume someone else will step up, so they do not assist. Ironically, the more people there who can help, the less likely each person is to offer help. This is known as the **bystander effect**.

Bystander intervention is the act of stepping in and helping someone when it seems as though something is wrong. As the bystander, you are choosing to intervene, to be a leader and make a difference.
5 Steps of Bystander Intervention

There are 5 steps to bystander intervention

1) Notice the event
2) Interpret it as a problem
3) Assume personal responsibility
4) Know how to help
5) Step UP!

Let’s see what these steps look like when applied to 3 different scenarios.
Examples of Troubling Events

**Scenario 1**: You have been at a party for awhile when you realize that you haven’t seen your friend Jessie for some time. You check in a back room and find Jessie passed out on a couch. It seems Jessie’s breathing is kind of slow. Jessie is a pretty heavy drinker and in the past has been much more drunk than you saw tonight. Your friend Pat assures you that Jessie is OK and just needs to sleep it off.

**Scenario 2**: You are hanging out at Riley’s house watching TV with 2 of Riley’s roommates that you don’t know very well. At the end of a commercial one of Riley’s roommates says, “That was so gay.” He/she gets up and goes into the kitchen.

**Scenario 3**: You are at a party. During the past hour you notice your friend Chris has been talking one of your housemates Sam. They seem to be having a good time but it is clear that Chris has had too much to drink. At one point you overhear Sam say, “I’m just going to get Chris ‘one more’”. A few minutes later you see Sam put an arm around Chris and start to lead Chris upstairs.

What do you do?
Step 1: Notice The Event

When you notice an event, you observe something that could possibly be a problem.

**Scenario 1:** You notice that Jessie’s breathing is slow, and that he/she might be suffering from alcohol poisoning.

**Scenario 2:** You notice that Riley’s roommate said “that’s gay” to describe something he/she perceived as negative or bad.

**Scenario 3:** You see Sam take Chris away from the party while being physical, and you are aware that Chris is very drunk.
Step 2: Interpret It As A Problem

After you’ve noticed the event, it is important to identify why it is a problem.

**Scenario 1**: Jessie’s breathing may be a sign of alcohol poisoning.

**Scenario 2**: Riley’s roommate’s language is discriminatory against homosexuals.

**Scenario 3**: Chris is very drunk and cannot make any decisions regarding physical contact with Sam, yet Sam is still leading Chris away from the party.
Step 3: Assume Personal Responsibility

Noticing a problem isn’t enough. You must take personal responsibility for it. Never assume that someone else will step up. Ignoring a problem with this reasoning is known as the bystander effect and can have dangerous consequences.

Scenario 1: If Jessie’s in harm’s way, it is your duty to call for help.

Scenario 2: If you don’t say anything to Riley’s roommate, they will keep saying derogatory comments.

Scenario 3: If you don’t stop Sam from taking Chris away from the party, you may regret not helping if something bad happens to Chris.
Step 4: Know How To Help

It is important to acquaint yourself with resources so you feel comfortable stepping up if you ever need to.

Scenario 1: You can help Jessie by calling the University Police Department at (239) 590-1900, or by calling 911. You may also alert your RA or other housing staff member.

Scenario 2: You can help Riley’s roommate understand why saying “that’s gay” is uncool by explaining its derogatory nature.

Scenario 3: You can help by getting Chris away from Sam. You can ask Chris to go to the bathroom with you or you can have a friend distract Sam while you usher Chris away.
Step 5: Step UP!

Stepping up is a hard thing to do at first, but your comfort level will increase with each situation you encounter.

Scenario 1: You call UPD because you are worried about your friend’s safety. Jessie is taken to the hospital for alcohol poisoning. Officers commend you for saving Jessie from possible life-threatening problems.

Scenario 2: You explain to Riley’s roommate why saying “that’s gay” is inappropriate. Riley’s roommate never saw things from your point of view, and will make an effort to not say “that’s gay” in the future.

Scenario 3: You get Chris away from Sam and take Chris home. The next day, Chris has a hangover but thanks you for stopping anything worse from happening. Sam also thanks you and apologizes for acting like a jerk.
Do you want individuals in your student organization/group to learn the skills to be a leader and make a difference? Request the Step UP program from Prevention & Wellness online at www.fgcu.edu/wellness.

With permission, P&W has adapted the Step UP! program created by the University of Arizona to educate FGCU students. We have three programs available for request:

1) Step UP! (General Bystander Intervention Training)
2) Step UP!—Sexual Assault (Bystander Intervention Training for Sexual Assault)
3) Step UP!—Hazing (Bystander Intervention Training for Hazing)

Step UP! is a comprehensive bystander intervention program that teaches you how to decide whether to step up, how to help, and other strategies to help you feel confident doing for others what you hope others would do for you—protect you from harm.
This Awesome Info Brought To You By

Prevention & Wellness

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Located on the first floor of Howard Hall