

# Upstander week

## 10 Ways to be an Upstander (Proactive Bystander)

Overcoming bystander apathy can be difficult. Use these intervention strategies early and often to disrupt potentially harmful situations:

1. **DIRECT**: Confront the situation, and individuals involved, directly with clear communication and action.
2. **DISTRACT**: Indirectly disrupt the situation by creating a distraction to shift attention, mitigate harm, and avoid escalation.
3. **DELEGATE**: Delegate the task to offer help to a person in a better position (think position of power) to offer help, or ask them to join you.
4. **DELAY**: If you can't help in the moment, due to concerns for your own safety or otherwise, follow up with support immediately after.
5. **DOCUMENT**: Take note of what is taking place to report to authorities or emergency response if the situation calls for it.
6. **SPEAK**: Use your voice to speak up for what is right, even when it's unpopular, even with others may shame you into silence.
7. **SUPPORT**: Offer support to victims and survivors, believe them, reassure them, and help connect them to resources.
8. **STAND**: Stand up to your peers when they are causing harm or contributing to unsafe environments - educate and hold them accountable.
9. **STAY**: For those you feel may be at risk, stay and monitor the situation, if you feel something is wrong, you're probably right.
10. **SEEK**: Never hesitate to seek out professional help whenever necessary, it could be the difference between life and death.