



Bystander Information

- **Watch out.** Keep an eye out for your friends and fellow students.
- **Speak up.** If someone says something offensive, derogatory, or abusive, let them know that behavior is wrong and not ok. Do not laugh at racist, sexist, or homophobic jokes. Challenge your peers to be respectful.
- **Don't stand by.** Step in and prevent something bad from happening by yourself or with another friend.
- **Battle the Bystander Effect.** The Bystander Effect is a phenomenon in which the more people who witness an emergency event, the less likely anyone is to intervene. But silence and passivity are not neutral. They encourage attitudes and behaviors that promote sexual violence.
- **Keep yourself safe.** If you are not feeling safe, please contact the Office of Student Affairs or someone for help.

How to Help a Friend

- **Get Safe.** Make sure you are in a safe location.
- **Listen to Their Story.** Listen with empathy and do not judge.
- **Believe Them.** Let them know you believe his or her story.
- **Provide Comfort.** Give comfort and let them know you hear them.
- **Speak Truth.** Let him or her know that they are not to blame.
- **Stay With Them in Silence.** Silence is acceptable as the individual may not want to talk. Your presence often speaks louder than words.
- **Care for Yourself.** If you're feeling angry, helpless, confused or hurt, get help for yourself at the Wheaton Counseling Center or another trusted location.