

## Some ways to intervene

- Sometimes it is best **not** to intervene.
- Sometimes it is better to intervene **after** an event, for example through reporting this to someone else or offering support to a friend.
- Sometimes it is better to **ask for help** and for someone else to intervene, e.g. the police, or a bouncer in a night club.
- Sometimes it is better to only intervene if you are with **others** and it feels safe to do so.
- Intervention should **not increase the risk** for the person that you are trying to support or yourself. If possible, gaining a person's **consent** before intervening is a good idea in situations that warrant this.
- Interrupting a situation, e.g. stepping in to begin a conversation when something problematic seems to be about to start.
- Changing the subject might also work.
- Step in, for example in situations of unwanted sexual touching, e.g. on a dance floor.
- Loudly call somebody out in public for unwanted sexual touching, this can embarrass them and cause them to stop.
- Talking to the person being touched, asking them if they want to move away from what is happening.
- Having agreements in place before you go out about how you might look out for one another.
- Assigning one person as the designated non-drinker on a rotating basis that will look out for others on a night out and make sure people get back safe.
- Taking people back to their home and making sure they are safe for the night if they seem to have drunk so much that their decisions are impaired.
- When safe challenging the potential 'perpetrator' and removing them from the situation, e.g. getting them to go outside and cool off.
- Calling on others such as bouncers/bar staff.
- Using bars and clubs that are part of the 'good night out campaign' (or initiatives like this local to your institution). This is a campaign in Bristol where bars and clubs who have signed up to this approach have staff trained in the area of sexual violence and drink and drug awareness.
- Noticing and talking to someone.
- Listening.
- Showing some support material.
- Leaving support material around where someone might see it.
- Bringing up examples of domestic abuse that you have seen on the news or have heard about and discussing it.
- Being non-judgemental.

- Re-assuring someone that whenever they are ready you will still be there for them.
- Talking to someone's partner (though this is very tricky and potentially not advisable). Talking to a partner could increase risk and impact on safety which is why it is not advised unless you get a person's consent to do this
- Ignoring inappropriate/offensive language or jokes (though be careful that this does not lead people to think this behaviour is acceptable).
- Not laughing at such language or jokes (though be careful that this does not lead people to think this behaviour is acceptable). .
- Openly challenging inappropriate/offensive language or jokes.
- Use your mobile to photo an incident. This photo must then be passed to the correct people and deleted. It must not be put on social media. It is legal to take a photo of an incident if your intention is to pass the information on to aid crime prevention.
- Let someone know that their material is on social media, so they can do something to get it removed.
- Screen shot something and hand it in to someone appropriate to deal with it.
- Call on others, e.g. bouncers/friends/bar staff/police/university staff.
- Listen and believe.
- Listen without judgment or interruptions. Allow the person to speak until they are finished.
- Thank the person for trusting you with their story and assure them that you are there for them.
- Provide emotional support (i.e. offer to hold their hand, remind them that they are loved and valued).
- Express non-blame (i.e. assure that this experience was not their fault)
- Point people in the direction of support.
- Send people links to help and support.
- Go with someone to seek help and support.