



ALPHA DELTA PHI FRATERNITY BYSTANDER INTERVENTION TIPS

1. Talk to your friends honestly and openly about sexual assault.
2. Don't be a bystander - if you see something, intervene in any way you can.
3. Trust your gut.. If something looks like it might be a bad situation it probably is.
4. Be direct. Ask someone who looks like they may need help if they're okay.
5. Get someone to help you if your see something - enlist a friend, RA, bartender, or host to help step in.
6. Keep an eye on someone who has had too much to drink.
7. If you see someone who is too intoxicated to consent, enlist their friends to help them leave safely.
8. Recognize the potential danger of someone who talks about planning to target another person at a party.
9. Be aware if someone id deliberately trying to intoxicate, isolate, or corner someone else.
10. Get in the way by creating a distraction, drawing attention not the situation or separating them.
11. Understand that id someone does not or cannot consent to sex, it's rape.
12. Never blame the victim.
13. If you are a victim or survivor or helping someone in that situation go to www.notalone.gov to get the resources and information you need. You can also call the National Sexual Assault Hotline at 1-800-656-HOPE.