

Joint Churches Domestic Violence Prevention Project

How can I be a Better Bystander

We all find ourselves, at some time, as a bystander to uncomfortable or confronting situations. It might be at a social gathering, with friends at the local club, in a meeting, on the bus or in a family home or gathering.

It is natural to feel reluctant to directly intervene when something bad is happening to people around you. But bystanders have other options if direct intervention is unsafe or undesirable. These actions can be powerful to stop violence escalating and support victims.

Consider the 5 Ds of bystander intervention. There are several steps you may be able to take, to safely intervene:

Distract: Take initiative to indirectly confront and de-escalate the situation.

Delegate: Seek out a person of authority to intervene.

Document: If possible (safe), document the incident (e.g. filming on your phone). Be sure to include the time, date and location in the recording.

Direct: If it safe, address the perpetrator directly and ask them to stop.

Delay: If it safe, talk to the victim after the incident is over.

Be a Better Bystander

Have you been a witness to something that has made you worried or uncomfortable? Perhaps you have heard abusive words, offensive jokes or comments, demands or shouting.

You are a bystander in many situations – at work, in a meeting or at an event, a family gathering. You might be a bystander to a friend or family member and witness behaviour that makes you concerned about the safety of someone you know.

What can a bystander do?

There are some effective ways to provide assistance and support:

- Confront the person doing the harassment – “stop, this is not OK”.
- Distract the target or the person doing the harassment.
- Seek support from an authority – a teacher at school, a supervisor at work, a security guard at a venue.
- Get support from other bystanders.
- Support the person being targeted now or after the event.
- Observe, monitor and record the situation.
- Follow up with the person who was targeted.



Joint Churches Domestic Violence Prevention Project

How can I be a Better Bystander

We all find ourselves, at some time, as a bystander to uncomfortable or confronting situations. It might be at a social gathering, with friends at the local club, in a meeting, on the bus or in a family home or gathering.

It is natural to feel reluctant to directly intervene when something bad is happening to people around you. But bystanders have other options if direct intervention is unsafe or undesirable. These actions can be powerful to stop violence escalating and support victims.

Consider the 5 Ds of bystander intervention. There are several steps you may be able to take, to safely intervene:

Distract: Take initiative to indirectly confront and de-escalate the situation.

Delegate: Seek out a person of authority to intervene.

Document: If possible (safe), document the incident (e.g. filming on your phone). Be sure to include the time, date and location in the recording.

Direct: If it safe, address the perpetrator directly and ask them to stop.

Delay: If it safe, talk to the victim after the incident is over.

Be a Better Bystander

Have you been a witness to something that has made you worried or uncomfortable? Perhaps you have heard abusive words, offensive jokes or comments, demands or shouting.

You are a bystander in many situations – at work, in a meeting or at an event, a family gathering. You might be a bystander to a friend or family member and witness behaviour that makes you concerned about the safety of someone you know.

What can a bystander do?

There are some effective ways to provide assistance and support:

- Confront the person doing the harassment – “stop, this is not OK”.
- Distract the target or the person doing the harassment.
- Seek support from an authority – a teacher at school, a supervisor at work, a security guard at a venue.
- Get support from other bystanders.
- Support the person being targeted now or after the event.
- Observe, monitor and record the situation.
- Follow up with the person who was targeted.



Joint Churches Domestic Violence Prevention Project

How can I be a Better Bystander

We all find ourselves, at some time, as a bystander to uncomfortable or confronting situations. It might be at a social gathering, with friends at the local club, in a meeting, on the bus or in a family home or gathering.

It is natural to feel reluctant to directly intervene when something bad is happening to people around you. But bystanders have other options if direct intervention is unsafe or undesirable. These actions can be powerful to stop violence escalating and support victims.

Consider the 5 Ds of bystander intervention. There are several steps you may be able to take, to safely intervene:

Distract: Take initiative to indirectly confront and de-escalate the situation.

Delegate: Seek out a person of authority to intervene.

Document: If possible (safe), document the incident (e.g. filming on your phone). Be sure to include the time, date and location in the recording.

Direct: If it safe, address the perpetrator directly and ask them to stop.

Delay: If it safe, talk to the victim after the incident is over.

Be a Better Bystander

Have you been a witness to something that has made you worried or uncomfortable? Perhaps you have heard abusive words, offensive jokes or comments, demands or shouting.

You are a bystander in many situations – at work, in a meeting or at an event, a family gathering. You might be a bystander to a friend or family member and witness behaviour that makes you concerned about the safety of someone you know.

What can a bystander do?

There are some effective ways to provide assistance and support:

- Confront the person doing the harassment – “stop, this is not OK”.
- Distract the target or the person doing the harassment.
- Seek support from an authority – a teacher at school, a supervisor at work, a security guard at a venue.
- Get support from other bystanders.
- Support the person being targeted now or after the event.
- Observe, monitor and record the situation.
- Follow up with the person who was targeted.



Prayer

God of compassion,

In the shadowed corners of our homes, where pain and fear often dwell, we turn our hearts to You, seeking guidance and strength. Grant us the courage to stand as beacons of light, to confront the darkness of domestic violence with love and resolve.

Help us be better bystanders, not turning a blind eye to suffering, but extending a helping hand, a listening ear, and a caring heart. Give us the wisdom to recognize signs of distress and danger, and the empathy to offer support without judgment.

May we be advocates for those who suffer in silence, a comforting presence for those who've been wounded, and a voice for the voiceless, calling for justice and healing.

We pray for the survivors, that they find solace and strength, and for the abusers, that they may seek transformation and rehabilitation.

Guide us in our role as instruments of your peace, for in the face of domestic violence, we are called to be agents of change, to nurture safe havens, where love and respect reign supreme.

In Your name, we humbly ask for the courage to make a difference, Amen.



Prayer

God of compassion,

In the shadowed corners of our homes, where pain and fear often dwell, we turn our hearts to You, seeking guidance and strength. Grant us the courage to stand as beacons of light, to confront the darkness of domestic violence with love and resolve.

Help us be better bystanders, not turning a blind eye to suffering, but extending a helping hand, a listening ear, and a caring heart. Give us the wisdom to recognize signs of distress and danger, and the empathy to offer support without judgment.

May we be advocates for those who suffer in silence, a comforting presence for those who've been wounded, and a voice for the voiceless, calling for justice and healing.

We pray for the survivors, that they find solace and strength, and for the abusers, that they may seek transformation and rehabilitation.

Guide us in our role as instruments of your peace, for in the face of domestic violence, we are called to be agents of change, to nurture safe havens, where love and respect reign supreme.

In Your name, we humbly ask for the courage to make a difference, Amen.



Prayer

God of compassion,

In the shadowed corners of our homes, where pain and fear often dwell, we turn our hearts to You, seeking guidance and strength. Grant us the courage to stand as beacons of light, to confront the darkness of domestic violence with love and resolve.

Help us be better bystanders, not turning a blind eye to suffering, but extending a helping hand, a listening ear, and a caring heart. Give us the wisdom to recognize signs of distress and danger, and the empathy to offer support without judgment.

May we be advocates for those who suffer in silence, a comforting presence for those who've been wounded, and a voice for the voiceless, calling for justice and healing.

We pray for the survivors, that they find solace and strength, and for the abusers, that they may seek transformation and rehabilitation.

Guide us in our role as instruments of your peace, for in the face of domestic violence, we are called to be agents of change, to nurture safe havens, where love and respect reign supreme.

In Your name, we humbly ask for the courage to make a difference, Amen.

