

## Bystander Intervention

Sacramento State encourages community members to engage in safe and positive options to prevent harm or intervene when there is a risk of dating violence, domestic violence, sexual assault, or stalking. Bystander intervention includes recognizing situations of potential harm, understanding institutional structures and cultural conditions that facilitate violence, overcoming barriers to intervening, identifying safe and effective intervention options, and taking action to intervene.

In partnership with Sacramento State Health and Wellness, Sacramento State is pleased to offer “Hornets Help” comprehensive bystander intervention course available to the campus community. Hornets Help is based on the Step Up! Program from the University of Arizona.

Sacramento State Programming encourages both employees and students to:

1. Notice the Event
  2. Interpret the Event as a Problem
  3. Assume Personal Responsibility
  4. Learn How to Help
  5. And take action by utilizing the “3 Ds”
- **Direct** - Directly addressing the situation.
  - **Distract** - Making a simple (or elaborate) distraction to diffuse the situation.
  - **Delegate** - Finding someone else or getting help to address the concern.

Please remember that community members should not put themselves in a dangerous situation. In some circumstances, such as witnessing a physical altercation, it may be safer to call Sacramento State Police at **(916) 278-6000** than to approach the individuals.

For more information on Hornets Help, please visit: <https://www.csus.edu/student-life/health-counseling/wellness-education/presentations.html>

For more information on the Step Up! Program, please visit: <https://stepupprogram.org>