Description: This bulletin board packet covers information on bystander intervention and different ways people intervene based on their intervention style. As Villanovans, we believe that we all have a responsibility to look out for one another. By stepping up and intervening in situations you can prevent a future problem from occurring, de-escalate a conflict or prevent the situation from getting worse. If you have any questions or would like additional information or materials please contact the Office of Health Promotion at (610) 519-7408 or email us at healthbytes@villanova.edu.

When to display this board: The first few weeks of the semester, Halloween, St. Patrick’s Day, Hoops Mania, Spring Break, National Collegiate Alcohol Awareness Week (3rd full week in October), Thanksgiving, or Sexual Assault Awareness Month (April).

Ways to alter this board: You can re-create the information with different themes. Include more information on the importance of bystander intervention, or include examples and different ways to intervene in various situations.
WHAT IS YOUR STYLE

WHAT IS A BYSTANDER?
Bystanders are individuals who witness emergencies, criminal events, or situations that could lead to criminal events and by their presence may have the opportunity to provide assistance, do nothing, or contribute to the negative outcome.

WE ARE ALL BYSTANDERS
You have a choice to do nothing, provide assistance in some way, or to contribute to the negative behavior in some way.

IN MOST SITUATIONS, THERE IS MORE THAN ONE WAY TO TAKE ACTION

But in order to do that, you'll have to identify your intervention style and apply that intervention strategies that work for you.

WANT TO FIND OUT MORE ABOUT WHO YOU ARE AND HOW YOU MIGHT EFFECTIVELY INTERVENE?
We hope to see you at our next training!

Email healthyses@ulabarcasa.cl
for more info or to sign up for a training!

WHY SHOULD I INTERVENE?
To prevent harm.
By stepping in and intervening in situations you can prevent a future problem from occurring, de-escalate a situation, or prevent the situation from getting worse.

Wouldn't you want someone to do the same for you?
If you are alone, you're likely to help someone in about 30% of the time. If you are in a group setting, you are only likely to help someone in about 20% of the time.

It's your responsibility.
An individual has a responsibility to help and for each other to help them know the odds of certain situations that we have. That responsibility is especially situations that might push us out of our comfort zones.
**What is a bystander?**

Bystanders are individuals who witness emergencies, criminal events or situations that could lead to criminal events and by their presence may have the opportunity to provide assistance, do nothing, or contribute to the negative behavior.

**We are all bystanders**

You have a choice—to do nothing, to provide assistance in some way, or to contribute to the negative behavior in some way.

**In most situations, there is more than one way to take action.**

But in order to do that...you’ll have to identify your intervention style and apply that intervention strategies that work for you!

Want to find out more about who you are and how you might effectively intervene?

We hope to see you at our next training!

Email healthbytes@villanova.edu for more info or to sign up for a training!
WHY SHOULD I INTERVENE?

TO PREVENT HARM!
By stepping up and intervening in situations you can prevent a future problem from occurring, de-escalate a situation, or prevent the situation from getting worse.

WOULDN'T YOU WANT SOMEONE TO DO THE SAME FOR YOU?
If you are alone you are likely to help someone in need 80% of the time. If you are in a group setting you are only likely to help someone in need 20% of the time.

IT'S YOUR RESPONSIBILITY!
Os Villanovans, we believe that we all have a responsibility to look out for each other. If we truly aspire to live the ideal of caritas that means that we have that responsibility especially in situations that might push us out of our comfort zones.

INTERVENTION STYLE: TURTLE

- Conscientious
- Detail-oriented
- Strengths in intervention: diplomatic, tactful
- Weaknesses in intervention: slow to act, rationalizes inaction as “none of my business”
- Can intervene more effectively by involving others and being more direct
INTERVENTION STYLE: TEDDY BEAR

- Team-oriented
- Accommodating
- Strengths in intervention: calm, empathetic
- Weaknesses in intervention: indecisive, uncomfortable with confrontation
- Can intervene more effectively by: taking initiative, speaking up

INTERVENTION STYLE: SHARK

- Likes to take charge
- Direct communicator
- Strengths in intervention: confident, performs well under pressure
- Weaknesses in intervention: aggressive, quick to act
- Can intervene more effectively by: engaging others, being more tactful
**INTERVENTION STYLE: FOX**

- Influential
- People-oriented
- Strengths in intervention: persuasive, social influence
- Weaknesses in intervention: lack of follow-through, impulsive
- Can intervene more effectively by: being patient with others, listening

**INTERVENTION STYLE: OWL**

- Thoughtful
- Inclusive
- Strengths in intervention: resourceful, creative
- Weaknesses in intervention: relies heavily on previous experience
- Can intervene more effectively by: building skills to handle different kinds of situations