**Volunteers Speak Up! Be an ACTive Bystander**

**Defining Being an Active Bystander**At the University of Tennessee, Volunteers Speak UP! by being an active bystander. Bystander: Sees a potentially harmful situation and doesn’t intervene.

As a bystander, we may:

* Think it is none of our business
* Hope that someone else will deal with it
* Miss an opportunity to change the community we live in for the better

Active Bystander: Sees a potentially harmful situation and intervenes SAFELY to reduce or remove that harm. An active bystander is a person who takes the steps that can make a difference.

As an active bystander, we may:

* Positively impact the individuals we are concerned about
* Become a role model for others to have confidence to speak up
* Create a community that values taking care of one another

**Steps to Being an Active Bystander**

Being an ACTive bystander is as easy as ACT!

* **A**cknowledge the situation: when something doesn’t feel right, it probably isn’t!
* **C**onsider your options: what can you safely do to intervene?
* **T**ake ACTion: Be Direct, Delegate or Distract!

**How Can You ACT?**

Below are some examples of possible statements or actions to use if you see a situation that is concerning and feel that you can safely intervene. Remember you can always ask a fellow Vol to help. It is easier to intervene with a friend.

* **Distract:** Make up a reason to distract the people involved in the situation. This action can help you get more information about what is going on and diffuse potential harm.
	+ “Hey aren’t you in my psych class? I need to talk about the mid-term.”
	+ “Oh, hey, do you know where the bathroom is?”
	+ Spill something and ask for help cleaning up.
* **Delegate:** When the situation seems too difficult for you to intervene safely, delegation is still intervening!
	+ If someone is in a life-threatening situation, 911!
	+ At a party, you can ask the host for help.
	+ RA’s, TA’s, and other university representatives are resources in place to help you if you have concerns.
* **Direct:** When it is safe to just directly say what’s going on and what should happen next.
	+ “Whoa, that’s not ok, please stop.”
	+ “I think you’ve had too much, let me get you home.”
	+ “Hey, I’m heading out. Why don’t you come with me? We’ll get that person’s number and you can call them tomorrow.”

# Images You Can Use:

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# A screenshot of a cell phone  Description automatically generated

# A picture containing drawing, sign  Description automatically generated

# Resources:

# Arizona State University’s Step UP! Strategies for Effective Helping<https://stepupprogram.org/students/strategies-for-effective-helping/>

# Student Conduct & Community Standards

# The Student Code of Conduct has a Policy on Amnesty for Individual Good Samaritans and Students in Need of Emergency Medical Attention found on page 24<https://studentconduct.utk.edu/wp-content/uploads/sites/53/2018/07/460805-StudentCodeOfConductBook-FINALaccessiblePAGES1.pdf>

# Hazing Prevention

# <https://hazingprevention.utk.edu/>

# UT’s hazing prevention website describes way to intervene and prevent hazing on campus.