

WE ALL PLAY A ROLE IN STOPPING ABUSE



If you witness harm, you can do something.
Active bystander intervention matters
in creating healthy and safe sports!

Safety first!

PHYSICAL: Get help if needed! Do no further harm.

EMOTIONAL: Take care of yourself.
Talk to a trusted adult about your feelings when needed.
It can be scary to intervene.

COMMUNAL: Respect each other's differences.
Be supportive and attentive when someone needs to talk or share
their feelings.

3 Steps

ASSESS: Assess what is happening
and who is involved.

ANALYZE: Analyze any risks to your
safety and risk to others.

ACT: Decide if, when, and how to act.

Ask Yourself

TRUST YOUR GUT: Does something seem off, scary, or wrong?
Pay attention to and rely on your instincts.

CHECK FOR DANGER: Could the situation get physically dangerous?
Is anyone at risk of getting hurt? If so, get help!

DETERMINE THE THREAT: Who's causing harm?
What could happen if this harmful behavior continues?

CHOOSE HOW TO INTERVENE

DIRECT:

NAME IT

- Call out the inappropriate behavior
- Be direct, firm, and kind

REFRAME IT

- Identify the proper behavior
- Refer to a code of conduct for agreed standards

GET AWAY FROM IT

- Change the subject
- Remove yourself and the victim from the situation

INDIRECT:

DISTRACT

- Make a scene or a diversion
- Take attention away from the harmful interaction

DOCUMENT

- Create evidence of the event
- Ask a trusted adult to help with any records of abuse

FOLLOW UP AFTER

- It's not too late to make a positive impact and help
- Check on the victim

* Each option is effective, do what you are comfortable with!