

THE 3 D'S OF BYSTANDER INTERVENTION

Preventing sexual and interpersonal violence requires a community response. Many potentially risky situations happen in the presence of bystanders who have the ability to interrupt these situations before they happen.



The intervention strategies below outline how we can all be *active upstanders* to safely confront gender-based violence in our community.

DIRECT

Intervene directly in the moment to stop a potentially risky situation from happening: This can include:

- Checking in with someone to make sure they're okay
- Directly addressing someone's inappropriate behavior/language, or asking someone to leave an event if they are harassing others

DISTRACT

Interrupt the situation by diverting the attention of those involved so folks can cool off or the potential victim has time to get away. This can include:

- Asking someone involved to go to the bathroom with you
- Asking for help looking for your phone or something else that you may have misplaced

DELEGATE

You are not alone. Get help from friends or other on/off campus resources who can assist you in the situation. This can include:

- Asking some of your friends for help being direct or distracting
- Calling resources such as Safety & Security, SART, or a House Advisor at (845) 437-7333 or 911 if you do not feel safe intervening

Your safety is key!

SEXUAL ASSAULT & VIOLENCE PREVENTION OFFICE RESOURCES

All services are available for individuals of any race, ethnicity, color, sex, gender identity, sexual orientation, religion, class, ability, citizenship and immigration status, and age.

ADVOCACY & SUPPORT

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Center for Victim Safety and Support
 - Rape Crisis/Crime Victims: (845) 452-7272
 - Domestic Violence: (845) 485-5550

REPORT ON/OFF CAMPUS

- Town of Poughkeepsie Police: 911 or (845) 485-3666
- NYS Police CSAVU: (844) 845-7269
- Vassar Safety & Security: (845) 437-7333
- Vassar Title IX Coordinator: (845) 437-7924

FREE CONFIDENTIAL MEDICAL CARE

- SAFE Exam at Vassar Brothers Medical Center: (845) 454-8500
- SAFE Exam at Mid-Hudson Regional Hospital: (845) 483-5000
- Vassar Health Services: (845) 437-5800

FREE CONFIDENTIAL COUNSELING

- Vassar Counseling Services: (845) 437-5700
- Center for Victim Safety and Support: (845) 452-7272
- Poughkeepsie Grace Smith House: (845) 452-7155

VASSAR ACCOMMODATIONS (INCLUDING NO CONTACT ORDERS)

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Vassar Title IX Coordinator: (845) 437-7924

For more information,
visit savp.vassar.edu or eoaa.vassar.edu