

## **How to Be an Active Bystander**

Bystanders play a critical role in the prevention of sexual and relationship violence. They are “individuals who observe violence or witness the conditions that perpetuate violence. They are not directly involved but have the choice to intervene, speak up, or do something about it.” We want to promote a culture of community accountability where bystanders are actively engaged in the prevention of violence without causing further harm. We may not always know what to do even if we want to help. Below is a list of some ways to be an active bystander.

1. Watch out for your friends and fellow students/employees. If you see someone who looks like they could be in trouble or need help, ask if they are ok.
2. Confront people who seclude, hit on, try to make out with, or have sex with people who are incapacitated.
3. Speak up in opposition when someone discusses plans to take sexual advantage of another person.
4. Believe someone who discloses sexual assault, abusive behavior, or experience with stalking.
5. Encourage victims to seek help from the Engle Center, Department of Safety or the local police. Additional resources are listed below.
6. If you or someone else on campus is in immediate need of help, call the Department of Safety at 691-6005. If it is a life threatening situation, CALL 911.

## **Additional resources:**

Upper Allen Township Police  
100 Gettysburg Pike, Mechanicsburg PA 17055  
Office: 717-795-2445  
Cumberland County Dispatch: 717-238-9676

Domestic Violence Services of Cumberland and Perry Counties  
P.O. Box 1039, Carlisle PA 17013  
Hotline 1-800-852-2102  
Phone: 717-258-4249

Sexual Assault/Rape Crisis Services of Cumberland County  
YWCA Carlisle, 301 W G Street, Carlisle PA 17013  
Hotline 1-888-727-2877  
Phone: 717-258-4324

Office of the District Attorney, Victim Services Division  
One Courthouse Square, Room 201, Carlisle PA 17013  
Toll free: 1-888-697-0371, ext 6220  
Phone: 717-240-6220