



Stand up, step in.

Stand Up, Step In means...

If we see or hear something that is not okay, we have the opportunity to do something to change the situation.

It's called active bystander intervention.

These steps are designed to provide a framework for effective, safe and responsible intervention.

01. What's up.

Notice the event. Be observant, keep an eye out for each other.

02. Listen up.

Interpret the situation as a problem - trust your senses. If it seems off, it probably is.

03. Stand up.

Assume personal responsibility. If not you, then who? The risk of checking in or intervening is relatively low for you, but the risk of not doing anything can be extremely

04. Step up.

Know how to help. Determine how to help. Use the 5Ds - direct, distract, delegate, delay, document.

05. Follow up.

Check in with your mates a few days later.

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