

IDEAS UC San Diego BIT Model Bystander Intervention Techniques



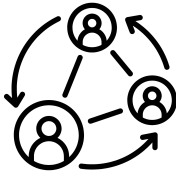
I - Interrupt

Ask a question that's not related to what's going on.
"Excuse me, where's the bathroom?"



D - Distract

Draw attention to something else.
"Hey, your car is getting towed!"



E - Engage Peers

Involve a friend or someone else around you.
"Let's do something."



A - Alert an Authority Figure

In some situations, someone with power may be the best source for help. ex. Police, Deans, RA's, party hosts, bar staff, or designated drivers.



S - Safety First

Keep your safety and the safety of others in mind, and let that determine how you respond.



Use your own strategy or technique to intervene. You're not limited to just these IDEAS.

Beyond IDEAS

Safety First

Remember violence prevention incorporates both personal and community safety strategies. Below are some helpful tips:

- Keep your phone charged.
- Use the buddy system.
- Keep an eye on your drinks.
- Be a responsible bystander and use IDEAS!

Clarifying Consent

Consent is an affirmative, voluntary, and revocable agreement by each participant to engage in sexual activity. A verbal “yes” must accompany positive and engaging body language.

- The person initiating sexual activity is responsible for requesting consent.
- Consent is a continuous process; consent to kissing doesn’t mean consent to everything else.
- Consent cannot be given when someone is under the influence of drugs or alcohol.

These are suggestions to help reduce the risk of violence. Remember that it is never your fault if someone chooses to violate your personal safety. If you have any questions, contact CARE at the Sexual Assault Resource Center.

CARE at SARC is UC San Diego’s confidential survivor support and education office for sexual assault, relationship violence and stalking. Reach out to CARE at SARC to connect to services.

24/7 Phone: 858-534-5793

Location: Student Services Center, Suite 500

Support Services: careadvocacy@ucsd.edu

Prevention Education: careinfo@ucsd.edu

Website: www.care.ucsd.edu

Instagram: @UCSDCARE

