

Bystander Intervention & Hazing Prevention



The **Bystander Effect** is a social psychological phenomenon that refers to cases where individuals do not offer any means of help in an emergency situation to the victim when other people are present.”

A **Bystander** is a person who is present at an event or incident but does not take part in the event or incident.

Bystander Intervention is a willingness to assist in a situation where someone needs help.

What does **Bystander Intervention** have to do with **Sisters Supporting Sisters**?

Being a Theta is about living your values every day and being the “widest influence for good.” It means being a positive influence or a light shining in the midst of darkness. Being a supportive sister is one way to show that you care about one another. Thetas can intervene in a number of different ways... it may mean calling the counseling center to ask for advice on how to talk to a sister who seems very sad, or it could be stopping a friend from having one too many drinks at a social event. It may even be as simple as stopping to ask a sister how she is doing during midterms or finals week. Bystander intervention can also be more extreme and occur in riskier situations such where someone may need to dial 9-1-1 in an emergency or call the local police department to report a sketchy situation. Being a Theta means NOT being a Bystander.

The 5 Decision-Making Steps below outline simple steps and ways for you to be prepared in situations so that you are ready to act and intervene. Note that if you miss ANY of these steps, you will likely fail to intervene at any point in the situation. So be sure to start with Step #1 by paying attention to your surroundings. Secondly, interpret the event as a problem and thirdly, assume personal responsibility. Even if you don't know the person, be empathetic and if he/she needs help, do something! Next, know the skills to help and all of the ways that you can intervene. Lastly, use your helping skills. Practice them and don't be afraid to step up and do something!

The 5 Decision-Making Steps:

1. Notice the Event
2. Interpret the Event as a Problem/Emergency
3. Assume Personal Responsibility
4. Know the Skills To Help
5. Use Your Helping Skills

There are many different ways that you can respond and intervene in situations. Here is a brief diagram to help you identify how to respond in different situations.



	Emergency	Non-Emergency
Direct	<ul style="list-style-type: none"> • Take his/her keys away; drive the person home • Remove the person from the situation • Administer CPR 	<ul style="list-style-type: none"> • Talk to person directly about the problem • Talk to person's family about the problem
Indirect	<ul style="list-style-type: none"> • Call 9-1-1, Police Dept. or chapter advisor • Seek assistance from a campus professional • Distract the people involved • Ask others to help you 	<ul style="list-style-type: none"> • Speak to a professional or other administrator (Student affairs office, counseling center, alcohol office) • Learn more about the problem and ways that you can help.

When you DO choose to intervene, it's important for you to weight the costs and benefits of intervening. If the situation is NOT safe, do NOT choose a direct way to intervene. Make sure that you choose an indirect way to intervene such as call 9-1-1 or your campus police department. If the situation is safe, then evaluate the different ways to intervene so that you can have a positive outcome.

Focus on S.E.E.

SAFE Responding

Choose a course of action (direct or indirect) that best ensures the safety of those involved.

EARLY Intervention

Before it becomes a problem, crisis or disaster.

EFFECTIVE Helping

Implement specific helping skills depending on the situation and avoid harmful helping or a "wait and see if it gets better" approach.

Resources for Helping

There are a number of resources on your campus ready and willing to help! Here is a short list of suggestions for places to start to seek out for support and guidance.

Urgent Help: Law enforcement/police department: 9-1-1, Campus Counseling Center (crisis hotlines), Sexual Assault Crisis Services, Community Mental Health Services, National Suicide Hotline: 1-800-273-TALK

Other: Student Life or Student Activities Office (Hazing, mental health, alcohol, etc.), Alcohol & Drug Office, Office of Student Ethics (Student Misconduct and Accountability), Student Legal Services, Disability Services, Student Advocates (Victim's Assistance)

Community: Community Alcohol/Drug Treatment Program (Substance Abuse), County Prosecutor- Victim Assistance, Alcoholics Anonymous, Narcotics Anonymous, Al-Anon (for family/friends of addicted)

What is Hazing?

Kappa Alpha Theta's Hazing Definition

Hazing can be defined as subjecting a person to an activity which endangers or is likely to endanger the health or safety of a member or which tends to humiliate, embarrass, or cause personal discomfort regardless of one's willingness to participate in such activity.

If you are still unsure whether or not something is hazing, consider these questions from Hazing Prevention.org:

- Would I feel comfortable participating in this activity if my parents were watching?
- Would we get in trouble if the Dean of Students walked by?
- Am I being asked to keep these activities a secret?
- Am I doing anything illegal?
- Does participation violate my values or those of my organization?
- Is it causing emotional distress or stress of any kind to myself or others?
- If someone were injured, would I feel comfortable being investigated by the insurance carrier?
- When I apply for jobs, can I take the onus of having a criminal arrest on my record?

If the answer is "no" and you don't want to be a bystander and are willing to report hazing, there are many steps you can take.

- You can work internally within your chapter to eliminate hazing by strengthening your leadership skills, seeking support from advisors and changing your chapter activities to fit the values of the organization.
- You can also make changes in the Greek community by becoming a leader in your college Panhellenic or on campus by engaging in hazing prevention initiatives. Contact your Greek advisor to find out if there are any activities or programs already on campus and if not, it's not too late to form an organization or plan events for hazing prevention.
- Visit www.hazingprevention.org to learn more about what other campuses are doing to prevent hazing as well as to learn more about what hazing is and how you can prevent hazing activities on your campus.
- National Hazing Prevention Week occurs annually during the last week in September. Visit www.hazingprevention.org for the exact dates. We encourage you to participate! Make a banner to hang on your campus, ask someone to come and speak at your chapter, or host a discussion at Theta on how to prevent hazing on campus. There are a number of things that you can do to encourage Thetas to step up and do something to prevent hazing.
- Hazing Prevention webinars are available at www.hazingprevention.org. Attend a webinar or order one online for members in your chapter to listen to for more information on how to change your campus or chapter culture surrounding hazing.

Being a Theta means being the "widest influence for good." Let's work together to prevent hazing and create healthier organizations on our college campuses.

If you are interested in reporting a hazing incident, there are a number of resources available. If you are unsure if an incident or activity can be considered hazing, DO NOT hesitate to call:

- Contact your Student Life or Student Activities Office on campus
- Call Kappa Alpha Theta headquarters at 1-800-KAO-1870 and state that you are calling to report a hazing incident.
- Call the National Hazing Prevention Hotline at 1-888-NOT HAZE (1-888-668-4293). You can call this number to report hazing by any group.