

The Bystander Effect

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88%

Believe in
Intervention

Reasons Bystanders Do Intervene

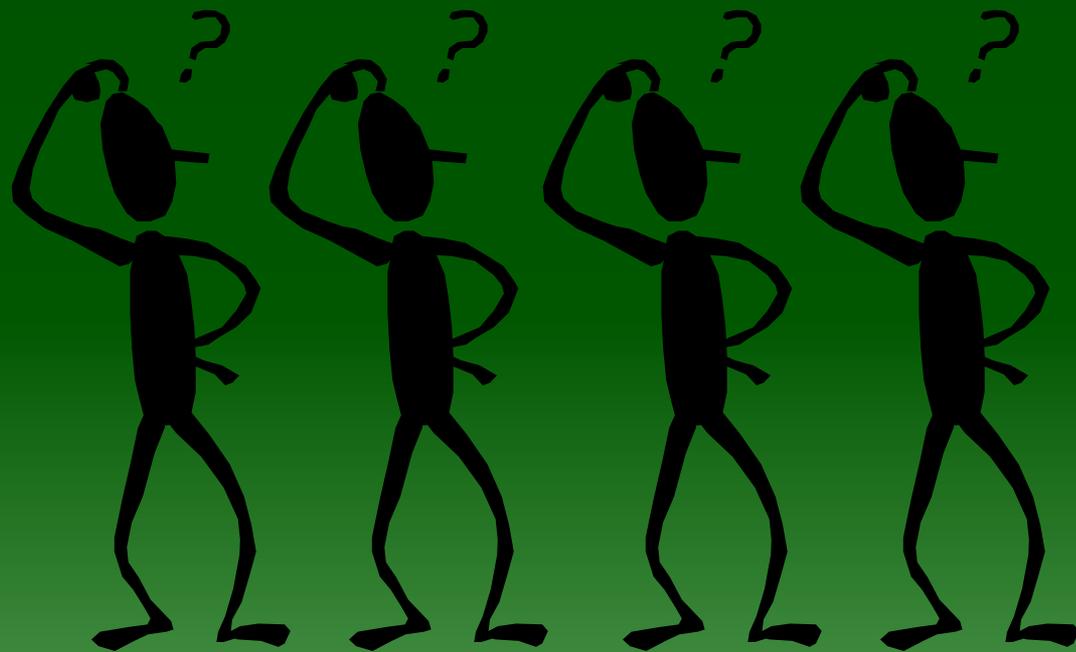
Reasons Bystanders Do Intervene

- It's the right thing to do
- We should look out for each other
- I would want help
- Someone needed help
- To prevent escalation
- Helping makes me feel good
- To preserve my group's reputation
- To keep a friend out of trouble

Bystander Effect

People are **less likely** to offer help
when they are **in a group** than
when they are alone

Why do only 20% of people intervene when they are in a group?



What is the Bystander Effect?



The Case Of Kitty Genovese - The Bystander Effect

ProtectionNation

3 videos

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0:02 / 2:31

THE BYSTANDER EFFECT

Coolpsychologist

13 videos

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0:56 / 3:36

CC 360p



Did anything in the video **surprise** you?

What do you think you would have done?

4 Barriers to Action

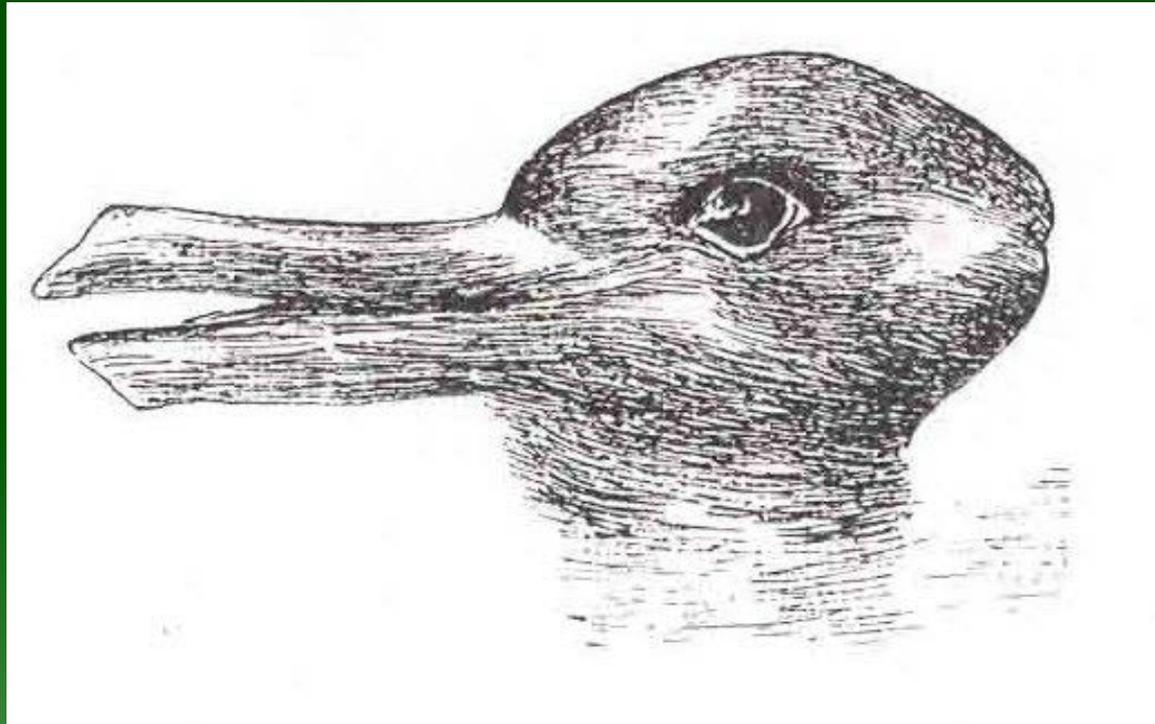
- Pluralistic Ignorance
- Ambiguity
- Diffusion of Responsibility
- Obedience to Authority

Pluralistic Ignorance



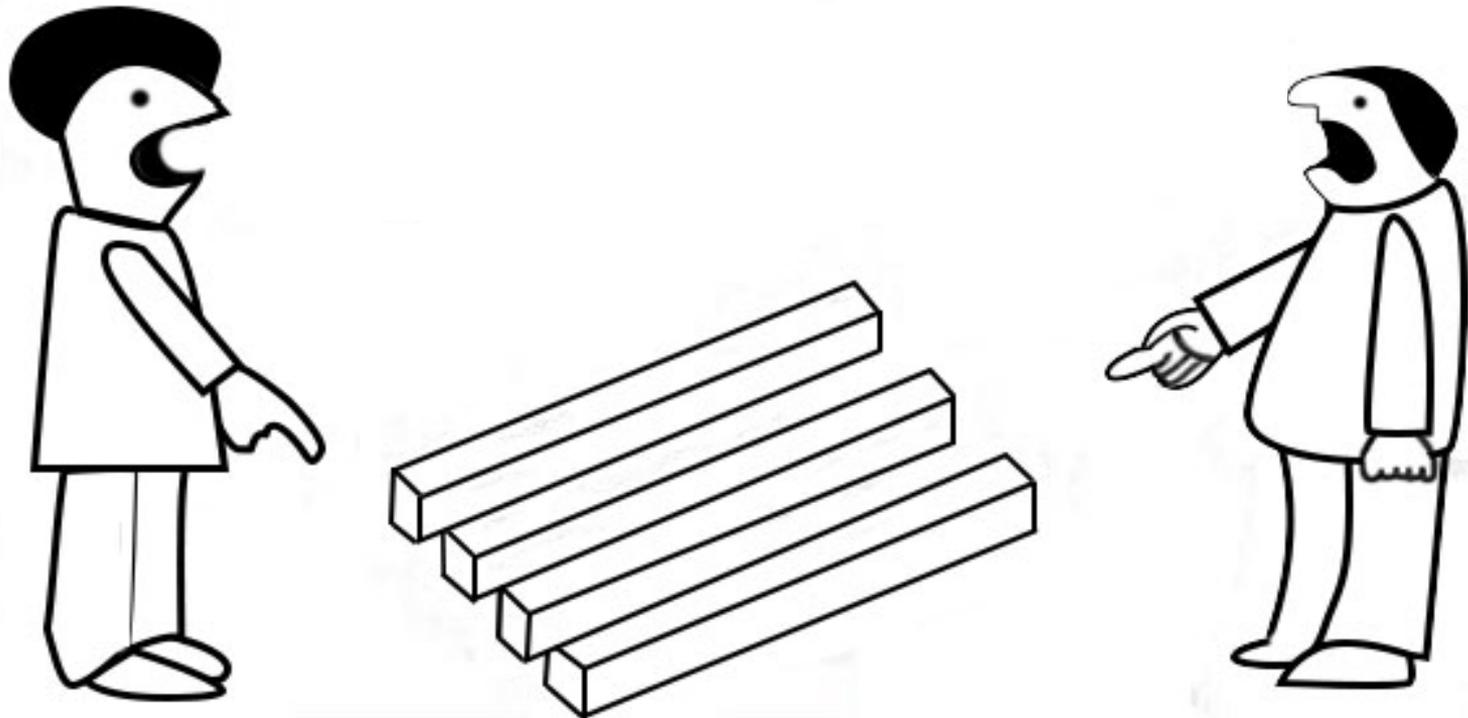
Bystanders assume nothing is wrong because no one else looks concerned.

Ambiguity

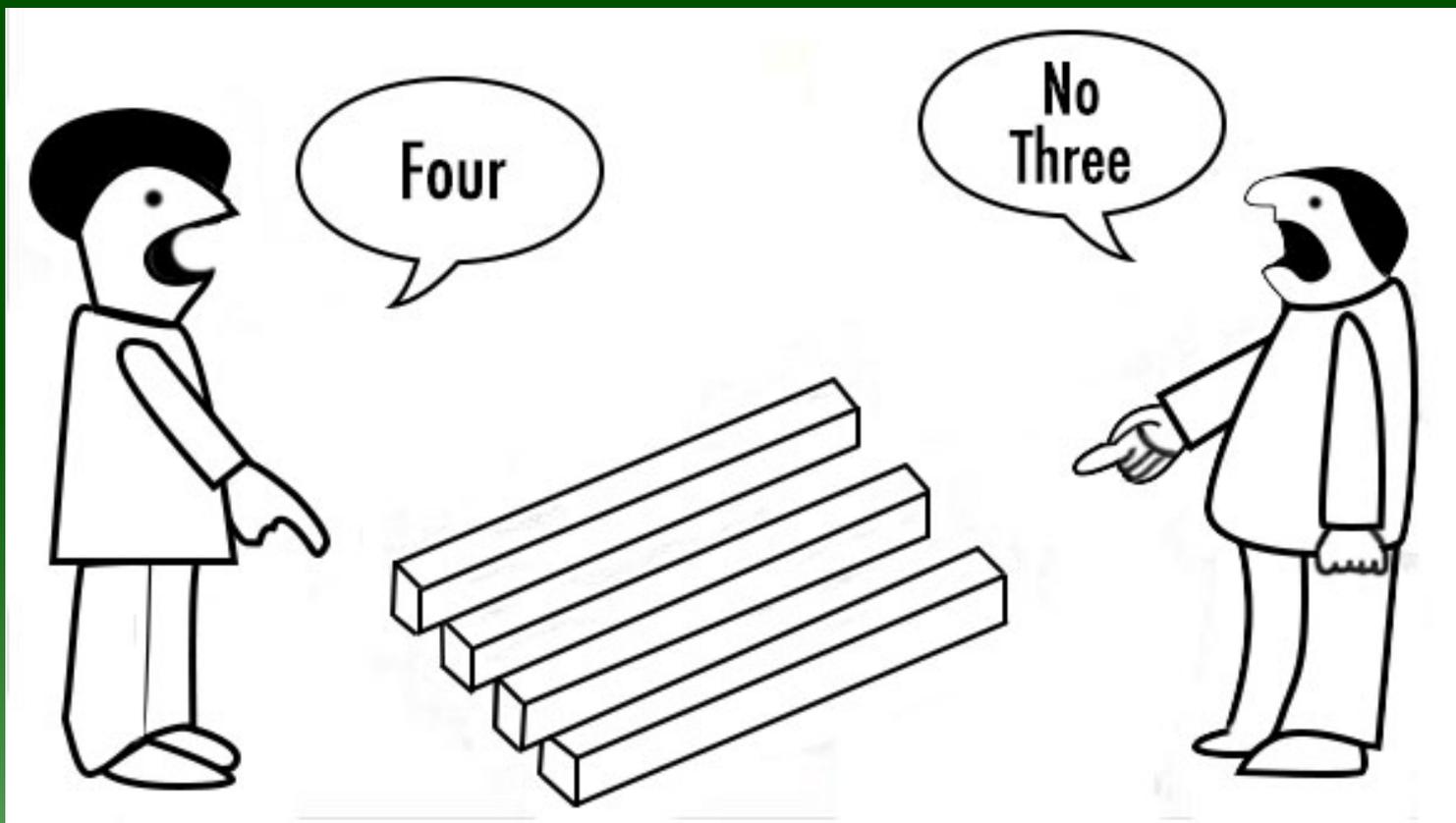


Rabbit or Duck?

Difference in Perspective



Difference in Perspective



Diffusion of Responsibility

Bystanders assume that someone else is better equipped to handle the situation.



Obedience to Authority

Deferring to positions of power
(Milgram Experiment 1964)



5 Stages of Intervention

Passive → Active

Latane, B., Darley, J.M. (1970)

5 Stages of Intervention

1. Notice the event

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2. Interpret event as a problem

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1. Notice the event
2. Interpret event as a problem
3. Assume personal responsibility
4. Know how to help
5. Implement help

1. Notice the Event



Notice the Event

1. Be aware of your surroundings

<http://www.youtube.com/watch?v=2pK0BQ9CUHk>

2. Look for **Red Flags**

3. Observe others' reactions

2. Interpret the Event as a Problem/Emergency



Interpret the Event as Problematic

1. Investigate Ambiguity
2. Look deeper
3. Get others' perspectives
4. Does situation require urgent response?

3. Assume Personal Responsibility



Assume Personal Responsibility

1. Verbalize your intention to help
2. Enlist others

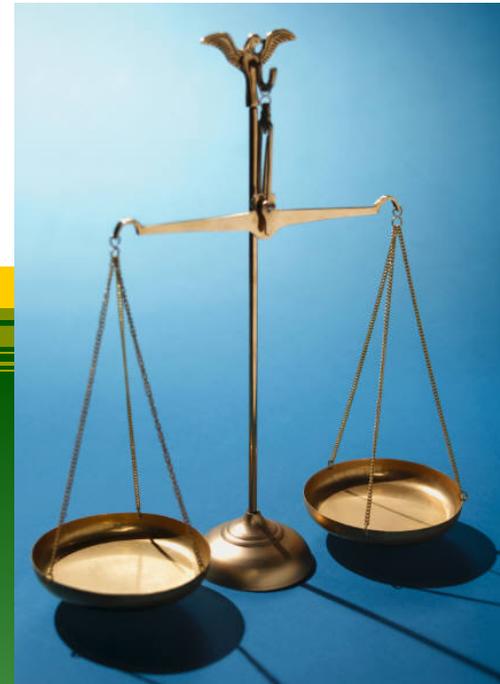
4. Know How to Help



Know *How* to Help

1. Develop skills and knowledge (i.e. training)
2. Be aware of tools and resources
3. Practice

5. Implement the Help



Implement of the Help

1. Be *willing* to get involved
2. Weigh the risks

S.E.E. the path to helping

- **S**afe
- **E**arly
- **E**ffective



Tools to use if ready to intervene

3 D's

(Green Dot Program)

- Direct
- Delegate
- Distract

Direct

- Speak directly to the person you're worried about or the potential wrongdoer
 - “Do you need help?” / “Is everything OK?”
- Offer Resources/Help
 - Can I call you a cab?
 - Is there a friend you'd like me to contact?

Delegate

- Enlist someone else to step up
 - Emergency responders
 - Friends
 - Hosts or other authority figures
- Ask someone else to keep an eye out
- Enlist help in approaching the situation

Distract

- Snaps someone out of their comfort zone or pattern
 - Example: Ask someone harassing a woman for directions or the time.
- Allows a potential target to move away and/or to have other friends intervene.
 - Example: Interrupt and start a conversation with the person.

Which technique(s) do you recognize?



<https://www.youtube.com/watch?v=9zr1oxEbdsw>

Who Are You?

Thank You!

Simply *understanding* bystander intervention makes you *more likely* to intervene.