



REDUCE the RISK of SEXUAL ASSUALT THROUGH INTERVENTION

TASK: Reduce the Risk of Sexual Assault through Intervention

CONDITIONS: Discussion

STANDARDS: Develop a strategy to Intervene on behalf of a fellow Soldier, Family Member, or DA Civilian.

REFERENCE(S): <https://www.safehelpline.org/ways-to-reduce-your-risk-of-rape-in-the-military>



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- **Active Bystander Intervention**

- One of the most effective methods of preventing sexual assault is bystander intervention.

- **What is Active Bystander Intervention?**

- This approach encourages people to identify situations that might lead to a sexual assault and then safely intervene to prevent an assault from occurring.

- Active Bystander Intervention focuses on what a community of people can do collectively for prevention.

- This approach empowers everyone to say or do something when they see inappropriate or harmful behavior.

- This method of intervention places the responsibility of sexual assault prevention on everyone.

- **It is better to intervene and be wrong than for a Soldier, Civilian or Family Member to be assaulted.**



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• How to Intervene

- There are three components to Active Bystander Intervention:
 - **Recognizing when to intervene.** There are many situations and events that occur prior to a sexual assault that are appropriate for intervention. Active bystander intervention encourages people to watch for those behaviors and situations that appear to be inappropriate, coercive or harassing.
 - **Considering whether the situation needs attention.** Understand that it is your moral duty to pay attention to situations that put your friends and co-workers at risk.
 - **Deciding if there is a responsibility to act.** There are situational factors that influence a person's willingness to act. These include the presence of other witnesses, the uncertainty of the situation, the apparent level of danger or risk to the victim, and the setting of the event.



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• Help Someone You Know

- When choosing what form of assistance to use, there are a variety of ways to intervene. Some of them are direct, and some of them are less obvious to the perpetrator:
 - Making up an excuse to get him/her out of a potentially dangerous situation.
 - Letting a friend or co-worker know that his or her actions may lead to serious consequences.
 - Never leaving his/her side, despite the efforts of someone to get him/her alone or away from you.
 - Using a group of friends to remind someone behaving inappropriately that his or her behavior should be respectful.
 - Taking steps to curb someone's use of alcohol before problems occur.
 - Calling the authorities when the situation warrants.
 - Understanding how to safely implement the choice.

- When intervening always put safety first, use good judgment and choose a method of intervention that reduces risk.