

45 WAYS TO INTERVENE IN POTENTIALLY DANGEROUS SITUATIONS

1. If I suspect that my friend has been drugged, I seek professional help.
2. If I saw someone who was intoxicated and left behind by her friends, I would tell them to take her with them.
3. If I suspect that my friend is in an abusive relationship, I ask her/him and provide information about resources available.
4. If I suspect a friend has been sexually assaulted, I let her/him know I am here if they want to talk.
5. If I hear someone yelling and fighting, I call 911.
6. If I see someone spike another person's drink, I stop them and call police.
7. If I see a friend grab, push or insult a woman, I say something or go get help.
8. If I see a stranger grab, push or insult a woman, I say something or go get help.
9. If I see a friend take an intoxicated woman up the stairs, I stop him and ask what he is doing.
10. I attend open forums and special events pertaining to power-based personal violence – including sexual assault, physical assault and stalking.
11. If someone appears upset, I ask if they are okay.
12. If I notice someone has a large bruise, I ask how they were hurt.
13. If I see a person sexually assaulting another person, I intervene.
14. If my professor explains that women “say ‘no’ when they really mean ‘yes’,” I interrupt and make an attempt to educate the professor.
15. I talk to my friends about consent... and how he or she should wait until their partner verbalizes his/her feelings.
16. If I choose to leave a party early, I account for the people I came with.
17. If I see two men dragging a woman into a room, I call for help and intervene.
18. If I hear someone say, “She deserved to be raped,” I interrupt and explain that no one ever deserves or asks to be raped.
19. I will offer to watch my friends’ drinks when they leave the table.
20. If I know or suspect that a friend is in an abusive relationship (physically, sexually, or emotionally), I tell them they can confide in me.
21. I share statistics with my friends about power-based personal violence.
22. If someone needs my help and I don't have the answer, I tap my resources and find someone who does.
23. If I hear that someone is in a bedroom “in training,” I call 911.



24. I work to ensure organizations I am involved in collaborate with the RSVP Center.
25. I take the opportunity to write papers or give speeches in class about the issue of violence.
26. I write letters to the editor of The Maneater if I see articles that pertain to violence against women at MU – whether they are positive or negative.
27. I strike up conversations with my friends about the importance of intervening in potentially high-risk situations.
28. I go investigate if I am awakened at night by someone calling for help.
29. If I see someone at a party who has had too much to drink, I ask them if they need to be walked home so they can go to sleep.
30. If a woman is being shoved or yelled at by a man, I ask her if she needs help.
31. If I hear what sounds like yelling and fighting through my dorm walls, I knock on the door to see if everything is ok.
32. If I hear what sounds like yelling or fighting through my dorm or apartment walls, I talk with a peer advisor or someone else who can help.
33. If I saw several strangers dragging a passed out woman up to their room, I would get help and try to intervene.
34. If I hear an acquaintance talking about forcing someone to have sex with them, I speak up against it and express concern for the person who was forced.
35. I would say something to a person whose drink I saw spiked with a drug even if I didn't know them.
36. I would grab someone else's cup and pour their drink out if I saw that someone slipped something into it.
37. I would call a rape crisis center or talk to a peer advisor for help if a friend, acquaintance or stranger told me they were sexually assaulted.
38. I would confront friends who make excuses for abusive behavior by others.
39. I would speak up if I hear someone say "she deserved to be raped."
40. When I hear a sexist comment, I indicate my displeasure.
41. I educate myself about sexual violence and what I can do about it.
42. I encourage friends I know to volunteer at the RSVP Center.
43. I see a man and his girlfriend, whether I know them or not, in a heated argument. The man's fist is clenched and his partner looks upset. I ask if everything is ok.
44. I see a man talking to a woman at a bar. He is sitting very close to her and by the look on her face I can see she is uncomfortable. I ask her if she is ok.
45. If I know information about an incident of sexual violence, I tell authorities what I know in case it is helpful.