

Bystander Intervention Strategies



RECOGNIZE. ACT. PROTECT THE PACK.

Prairie Wolves RECOGNIZE the warning signs, ACT to prevent harm, and PROTECT THE PACK from sexual and relationship violence and stalking.

WARNING SIGNS

- Power & Control: Any act that tries to exploit, manipulate, or isolate another person
- Boundary Violations: Ignoring consent, pressuring, or forcing unwanted sexual contact
- Repeated, Unwanted Contact: Persistent following, messaging, watching, or showing up uninvited



The 5 Ds

DISTRACT

Shift focus or create an interruption to safely diffuse tension and give those at risk a way out.



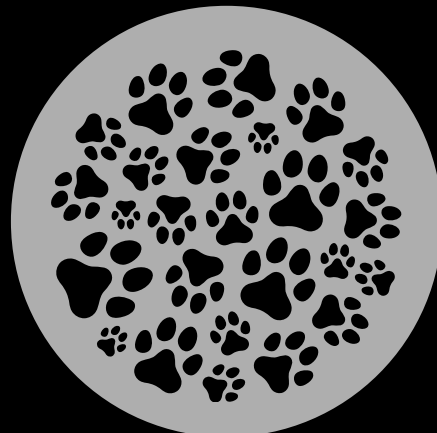
DIRECT

If it's safe, address the behavior or situation head-on to interrupt harm and affirm that it's not acceptable.



DELEGATE

When a situation feels unsafe or beyond your capacity, involve someone with the authority or ability to step in.



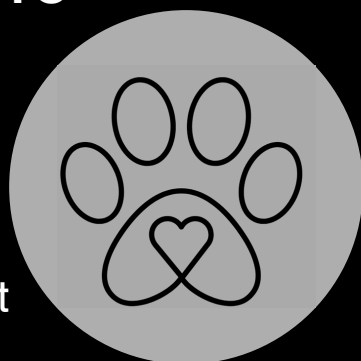
DIY

Create signals or safety plans with your social circles to help prevent harm before it starts."



DON'T FORGET TO FOLLOW-UP

After harm is disclosed or witnessed, follow up to offer care, listen, and connect them to support.



Resources

CONFIDENTIAL

Legally protected from sharing information, in cases of imminent harm, child abuse, or a court order.

PRIVATE (TITLE IX)

Respect privacy and share information only as needed to coordinate support, resources, and ensure educational access.

Learn more about rights, options, resources, and contacts for confidential and Title IX support, via the Title IX webpage.

