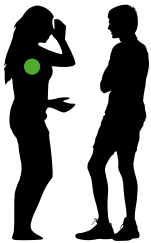


Active Bystanders Can Help Prevent Domestic Violence

The Green Dot program teaches that people can overcome personal barriers to intervene when they see common warning signs (red dots) of violence: you hear a couple arguing loudly at the store and one seems very controlling, a friend has suspicious bruises/wounds, or a woman uses cruel words to put down her girlfriend. No matter how severe a situation seems, anyone can prevent domestic violence using the 3 Ds.



DIRECT

Directly insert yourself in a red dot situation. Ask if someone needs help, tell someone to stop what they're doing, or even stand next to a couple to prevent violence from escalating.

Create a diversion to interrupt a violent situation. "Accidentally" spill a drink, ask for directions, or pretend you went to high school with the person who needs help.



DISTRACT



DELEGATE

If you don't feel comfortable diffusing the situation, ask someone else for help. Dial 9-1-1, share your concerns with a restaurant manager, or have a friend help you give someone a safe ride home.



IACNVL

To learn more or request a training for your organization, visit <https://safefairbanks.org/green-dot>

The Interior Alaska Center for Non-Violent Living is an Equal Opportunity Provider.

