

Active Bystanders Can Help Prevent Sexual Assault

Everyone faces barriers to violence intervention or even those situations where something doesn't "feel right".

The Green Dot program teaches that people can overcome personal barriers to intervene when they see common warning signs of violence: a man leads an intoxicated woman upstairs at a party, someone at a bar is visibly uncomfortable, or a woman uses her words to humiliate her girlfriend. No matter how severe a situation seems, anyone can prevent sexual assault using the 3 Ds.



DIRECT Address the situation head-on. 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.



DISTRACT 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.



DELEGATE 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.

The Interior Alaska Center for Non-Violent Living is proud to support the community Green Dot program. To learn more or request a training for your organization, visit <https://safefairbanks.org/green-dot>



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