

# INTERVENING ONLINE

## CONTACT US

### Digital harm happens too:

- Harassment in group chats
- Bullying in online spaces
- Non-consensual content sharing

### What You Can Do:

- Report harmful content
- Send private support
- Block/mute offenders
- Call out (if safe)

### Protect Yourself:

- Don't share personal info unnecessarily
- Screenshot or document if needed
- Talk to someone if it affected you




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# STEP UP: BE A PROSOCIAL BYSTANDER

@Trent

## WHAT IS A BYSTANDER?

A bystander is someone who sees a situation but isn't directly involved.

In that moment, you might:

- Ignore it
- Add to the harm (e.g., laugh at a cruel joke)
- OR step up and reduce harm ; that's a prosocial bystander.

## WHAT'S A PROSOCIAL BYSTANDER?

Someone who takes safe, supportive action.

At Trent, that might mean acting when you see:

- Harassment or bullying
- Sexual or relationship violence
- Substance overdose
- Identity-based harm (racism, homophobia, etc.)

## HOW TO INTERVENE: THE 4 DS

### Direct – Speak Up

- “That’s not okay.” | “Can we not say that here?”
- Use calm words, humor, or private comments if safe.

### Distract – Shift Focus

- “Hey, can you help me find my phone?”
- Spill a drink, ask a question, change the topic.

### Delegate – Get Help

- Ask someone else to intervene.
- Campus Security: 705-748-1333
- Dial 911 in emergencies

### Delay – Check In Later

- “Are you okay?” | Offer support and connect to resources.

## ADDITIONAL STRATEGIES THAT WORK

- **Use code words with friends to signal discomfort**
- **Make it personal** – connect it to your values
- **Use group support to step in safely**
- **Show non-verbal support** (eye contact, presence)
- **Respect identity-based risk** – act safely
- **Empower the person affected** – ask how you can help
- **Be culturally sensitive** – adapt your approach

## STAY SAFE WHILE INTERVENING

- **Only step in if it's safe**
- **Don't go in alone** – involve others
- Stay calm and confident
- **Debrief afterward with someone you trust**
- **Mistakes happen** — what matters is trying and learning