Step Up, Titans

How to Be a Prosocial Bystander for Relationship Violence & Substance Safety

At Westminster College, we believe a strong community is built on people who look out for one another. That's where prosocial bystander intervention comes in.

It's about noticing a problem, assessing the risk, and doing something—big or small—to prevent harm.

When Should I Step In?

- You see someone pressuring another person into drinking or using substances.
- Someone looks uncomfortable, scared, or isolated at a party or social event.
- You witness controlling or threatening behavior between partners.

3 Ways to Intervene Safely (The "3 D's")

Direct

Address the issue head-on.
Example: "Hey, are you okay?" or "This doesn't seem cool—let's take a break."

Distract

Interrupt the moment without confrontation.
Example: "Hey, can you help me with something outside?" or "We need you over here!"

Delegate

Get help from someone with authority or influence.
Example: Ask an RA, Campus Safety, or a sober friend to assist.

Your Voice Matters

You don't have to solve everything yourself. But stepping in—even in a small way—can make a huge difference.
When in doubt, trust your gut. If something feels off, it probably is.

Let's take care of each other.
Step up, speak out, and be the difference.

- The Wellness Center (by Shaw Hall)