

# Be an Active Bystander

Together we can make  
a difference

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5/30/2024

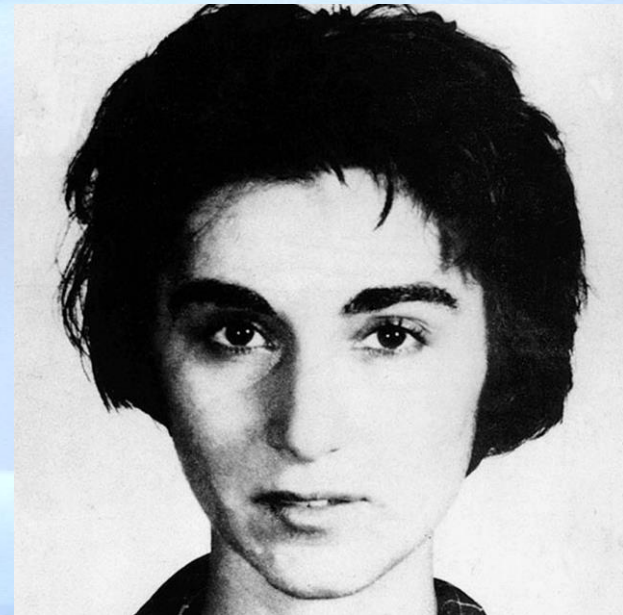


# Bystander Effect

## WHAT IS THE BY-STANDER EFFECT?



# Kitty Genovese



“Apathy at Stabbing of Queens Woman Shocks Inspector”  
(The New York Times, March 27, 1964)

**1 in 6 women**

**1 in 18 men**

in 2021–22 had experienced **physical and/or sexual violence** by a current or previous cohabiting partner since the age of 15

**1 in 4 women**

**1 in 7 men**

in 2021–22 had experienced **emotional abuse** by a current or previous cohabiting partner since the age of 15

**1 in 6 women**

**1 in 13 men**

in 2021–22 had experienced **economic abuse** by a current or previous cohabiting partner since the age of 15

**1 in 5 women**

**1 in 16 men**

2021–22 had experienced **sexual violence** since the age of 15

**Table 2: Proportion of men and women who experienced violence or abuse from a partner since the age of 15, by type of violence or abuse, 2021-22**

	<b>Women (%)</b>	<b>Men (%)</b>
<b>Physical and/or sexual violence from a partner</b>	16.9	5.5
<b>Physical violence from a partner</b>	14.9	5.3
<b>Sexual violence from a partner</b>	6.2	n.p.
<b>Emotional abuse from a partner</b>	22.9	13.8
<b>Economic abuse from a partner</b>	16.3	7.8

n.p. not published

Note: Where a person has experienced both physical and sexual violence by a cohabiting partner, they are counted separately for each type of violence they experienced but are counted only once in the aggregated total.

Source: ABS 2023c.  
5/30/2024

## Homicides in an intimate partner or family relationship

Between 1 July 2016 and 30 June 2022, there were 129 homicides that occurred in an intimate partner or family relationship in Queensland. This included the deaths of 129 women, children and men who were killed by a family member or a current or former intimate partner.

As shown in Figure 10, of the 129 homicides that occurred during this period, 63 were intimate partner homicides and 66 were family homicides.

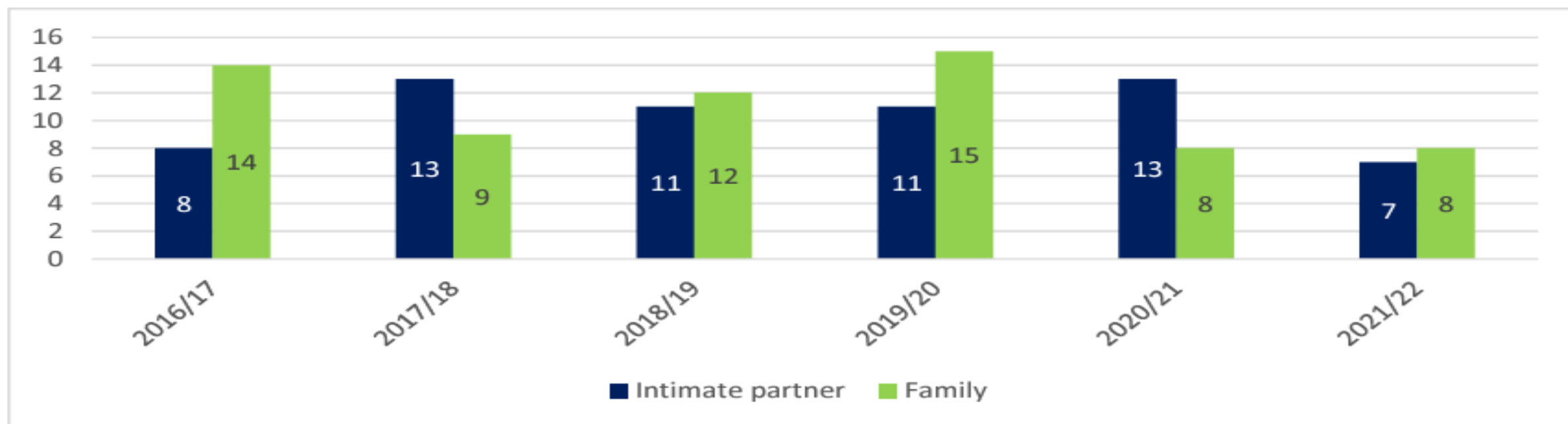


Figure 10. Homicides in an intimate partner or family relationship (1 July 2016 to 30 June 2022) N = 129.

Of the homicides that occurred in a family relationship, 50% (33 of 66 cases) involved the death of a child/ren. These children were all killed by a family member or caregiver (filicide). Of this number, 51.5% (17 of 33 cases) of the cases involved the death of a male child/ren and 48.5% (16 of 33 cases) involved the death of a female child/ren.

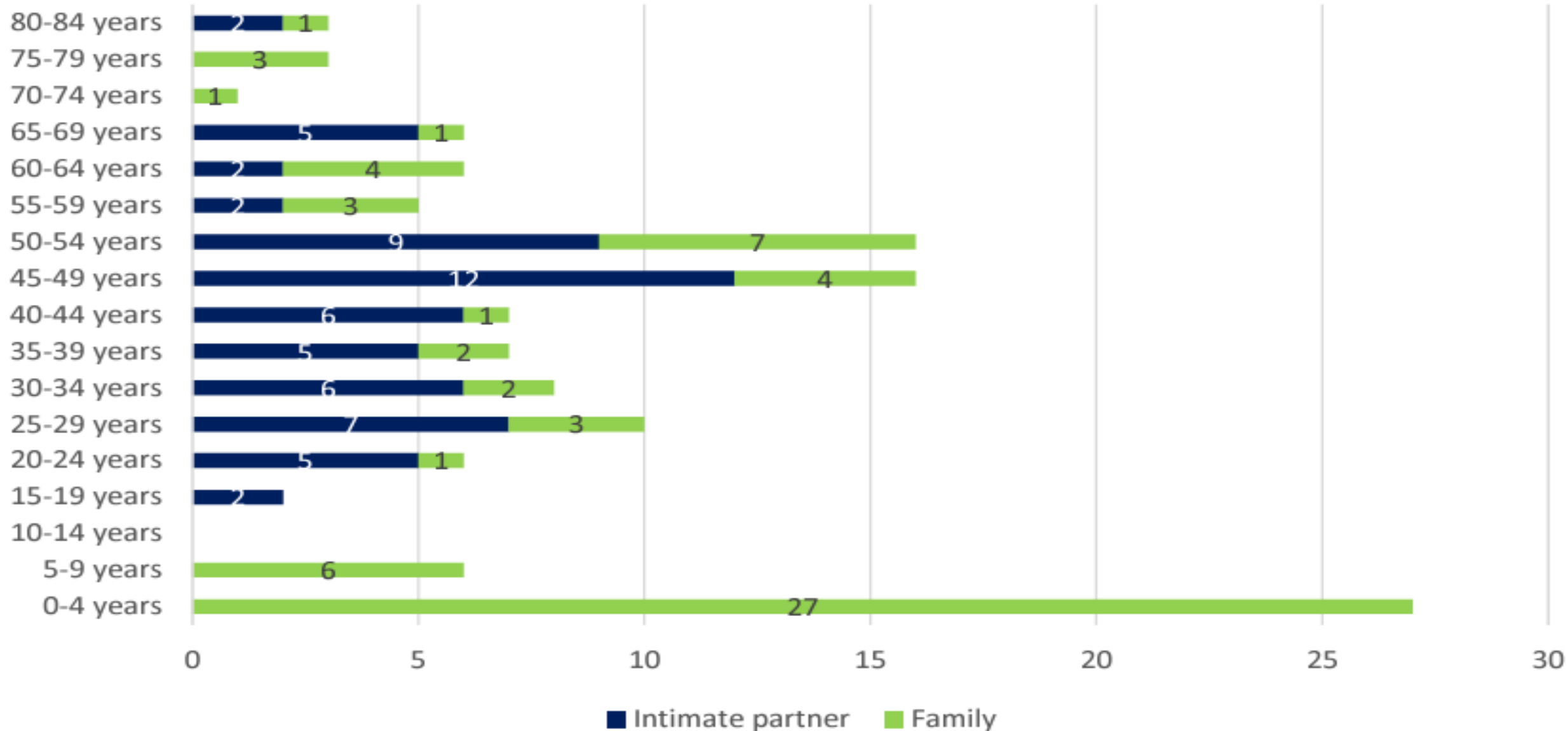


Figure 12. Homicides in an intimate partner or family relationship by type and age of deceased person (1 July 2016 to 30 June 22) (N = 129).

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# Bystander or Active Bystander?





# Bystander Effect



# Influencers of the "Bystander Effect"



Insights Into Psychology

**Pluralistic Ignorance**

What we think we know about group norms and what other people think might actually be completely wrong.

[mentalhealthathome.org](http://mentalhealthathome.org)

# Bystander Effect

## Other possible influencers:

- Individualistic Culture vs Collectivistic Culture
  - Minding own business – (“Don’t be a Busybody”)
  - Not getting involved – safety issue
- Making judgments/assumptions – i.e. attire, ...
  - societal, cultural or family expectations & norms, sub-group or community conformity, personal biases,

# Prevailing Assumptions/Myths

- Domestic violence is a private matter – ***“it’s not my problem”***
- Women who experience DFV can just leave – ***“it’s up to her”***
- DFV is and accepted part of some cultures – ***“it’s their business”***
- Women provoke DFV – ***“it’s her fault”***
- Women make false claims or exaggerate their experience of DFV – ***“it can’t be that bad”***

## Dee's Story

Dee is a **survivor**  
of domestic &  
family violence.

**Her** hero was a  
**BYSTANDER**



# Change the Dialogue ➤ Change Social Norms

- From diffusing responsibility:
  - ***"How could YOU/I let this happen?"***
  - ***"Why didn't YOU/I say anything?"***
- To individual and collective responsibility:
  - ***"How could I/WE let this happen in our community?"***
  - ***"How can I/WE learn to say something?"***

Shift of responsibility from victims toward the family, friends and the whole community and playing a role.

MADD slogan – ***"Friends don't let friends drive drunk"***  
– ***"Friends don't let friends hurt others"***

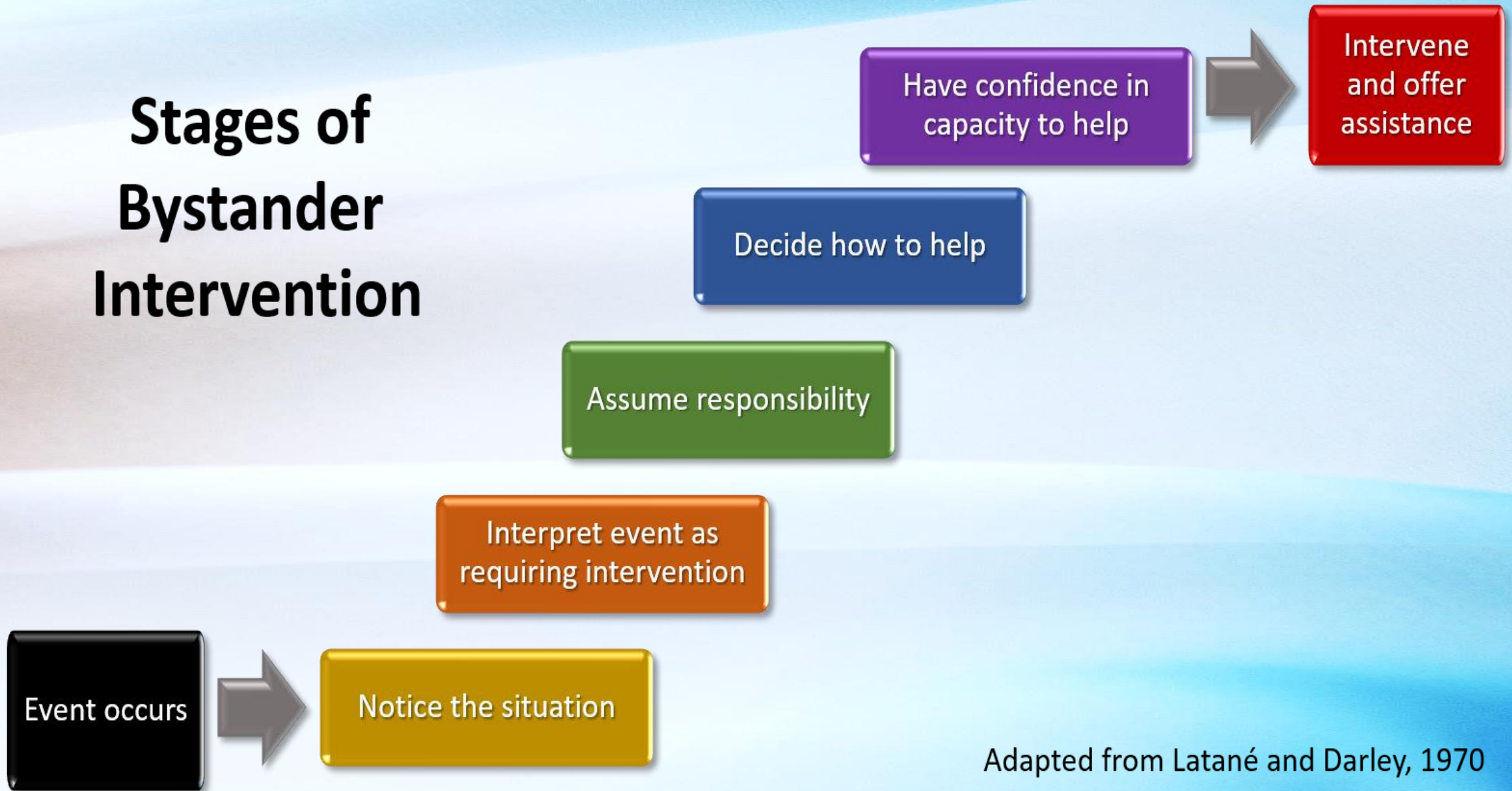
# Call It Out! Be an Active Bystander

- Doing something when you witness an incident that you know is not right, such as:
  - bullying,
  - harassment,
  - racism,
  - hate,
  - sexual harassment,
  - sexual assaults,
  - relationship abuse, or
  - unacceptable behaviour.
- There is always something you can do as a bystander - choosing to step in and intervene in such situations.
- Involves paying attention to your surroundings, noticing when somebody's behaviour is problematic, or threatening.
- Bystander intervention (taking strategic action) can be effective at preventing assault, sexual, racial or homophobic harassment.





# Stages of Bystander Intervention



Adapted from Latané and Darley, 1970

# ABC

- **A**ssess for safety: If you see someone in trouble, ask yourself if you can help safely in any way. Remember, your personal safety is a priority – never put yourself at risk.
- **B**e in a group: It's safer to call out behaviour or intervene in a group. If this is not an option, report it to others who can act.
- **C**are for the victim. Talk to the person who you think may need help. Ask them if they are OK.

# C - care for the victim

- Ask them if they are okay.
- Let them talk.
- Tell them:  
“What’s happening to you is **not OK** and **it’s not your fault.**”
- Give them information so they know where to get help.
- Speak out against domestic violence.

# B

## Bystander Tools

### Bring It Home

Ask the question:

*“How would you feel if that was your mother, sister or daughter?”*

### Chat

Talk to the person in private about what they said or did.

### We Reckon

You are probably not the only one who thinks that was out of line.

*“Am I the only one uncomfortable about this?”*

### Make It Clear

Change the conversation. Direct people to think about what they are actually saying.

*“Sorry, I missed that. What did you say?”*

### I Reckon

Tell them how that comment made you feel. Use “I” instead of “you” to avoid defensiveness.

# Active Bystander



(TRAIN RATTLES)



# Intervening Safely

When it comes to intervening safely, remember the five Ds – direct, distract, delegate, delay, document.

- **Direct action**
- **Distract**
- **Delegate**
- **Delay**
- **Document**

In an emergency,  
**call the police on 000.**

**Please remember:**  
**Never put yourself in danger.**  
**Only intervene if safe to do so.**



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