

Bystander Intervention

Some Statistics

Sexual violence and relationship abuse affect people across college communities. Research shows that undergraduate students experience nonconsensual sexual contact at significant rates.

According to the 2019 Association of American Universities (AAU) Campus Climate Survey, 25.9% of undergraduate women and 6.8% of undergraduate men reported experiencing nonconsensual sexual contact involving physical force or inability to consent since enrolling at their college or university.¹ Research also shows that LGBTQ+ college students experience elevated rates of sexual assault compared with heterosexual and cisgender students.²

Some research suggests that the beginning of the academic year may be a period of heightened risk for sexual violence, particularly for students in their first year. This period is sometimes referred to as the “Red Zone.”³

Sexual violence is never the responsibility of the person who experiences it. Everyone in a campus community can play a role in creating a culture of safety, respect, consent, and accountability. One way Baruch College community members can contribute is by becoming active bystanders who recognize concerning situations and take safe, appropriate steps to help prevent sexual assault and relationship abuse.

What is Bystander Intervention?

“If you see something, say something!”. Bystander Intervention is a prevention strategy that encourages individuals to take safe action when they see a situation that may lead to sexual violence or abuse, and to support victims after an incident. At Baruch, we all have a part to play in keeping our community safe. As an “Active Bystander”, you can serve a critical role in preventing interpersonal violence on campus.

<https://www.suzylamplugh.org/Pages/Category/stand-up-against-harassment-training>The first step is for a bystander to recognize that a certain action/comment/situation may be a steppingstone to increasingly severe acts of violence. If something makes you feel uncomfortable or makes you concerned about the safety of another person, trust your gut feeling. The second step is knowing what to do. We know that intervening in these situations can feel overwhelming or anxiety producing. Consider signing up for [free bystander training](#).

What can I do to help?

When you are in a situation in which you feel uncomfortable or feel someone is at risk for harm, use the 4 D's to help you choose a course of action.

The 4 D's are:

1. **Direct**
2. **Distract**
3. **Delegate**
4. **Delay**

The **DIRECT** approach uses words or actions to stop what is going on. For example, telling someone "It's not going to happen, that person is too drunk to go home with you tonight" or saying "I do not appreciate hearing those kinds of jokes". This approach is a good choice in situations in which you feel safe and capable enough to intervene directly.

The **DISTRACTION** approach is the use of indirect strategies to interrupt what is going on or create a diversion. It is especially useful when a direct approach may escalate things for the person involved or result in harm to you. Examples include asking the person involved in instigating the potential sexual violence to help you with something such as finding your lost cell phone to interrupt the hook up attempt with the incapacitated person or perhaps approaching the incapacitated person as if finding a long lost friend – e.g., "Oh wow, I haven't seen you for so long, come talk to me!"

DELEGATING is when you involve someone who has social power in that situation or some type of authority. You can get friends, housing RAs, Public Safety or the police involved. You do not have to do this alone. Delegation is useful when there is an emergency situation or when personal risk of harm or retaliation is a possibility.

DELAYED RESPONSE is when you had concerns about a situation and you may not have done anything about it at the time. It's never too late! There is still an opportunity to talk to the person you were concerned about and provide them with support and referrals, and/or to the person whose behavior made you uncomfortable and tell them what it was that was not alright with you. You can request the help of others by speaking the [Title IX coordinator](#) or the [Dean of Students Office](#).

How Can I Support My Friends?

Make a plan.- Before going out, discuss your plans to watch out for each other and to leave the event together at the end of the evening.

Check in_- If you are out at night and see someone being harassed or targeted for sexual violence, go up to them as if they are your long-lost friend and remove them from the situation.

Trust your instincts_- If a person or situation doesn't seem "right" to you, trust your instincts and remove yourself from the situation.

Respect their choices - If someone tells you about an experience of sexual misconduct or relationship abuse, listen without judgment and ask how you can support them.

Get help when needed - If there is a safety concern on campus, contact Baruch College Public Safety for assistance. If someone is in immediate danger, there is a medical emergency, or a crime is in progress, call 911.

Most importantly, remember that sexual misconduct is never the fault of the person who experiences it. Bystander intervention is about building a community in which we look out for one another and respond safely when something does not feel right.

Get Support

If you or someone you know has experienced sexual misconduct, sexual assault, dating or domestic violence, stalking, or other relationship abuse, support is available. You do not have to navigate the experience alone. The resources below can provide counseling, information about available options, safety assistance, and connections to additional services.

If you are in immediate danger or experiencing a life-threatening emergency, call 911. If you are on Baruch's campus and need immediate assistance, contact Baruch College Public Safety at 646-312-3333 (or dial 3333 from a campus phone).

Baruch College Resources

Counseling Center

Provides free, confidential, trauma-informed mental health services to Baruch students, including crisis support.

137 East 25th Street, 9th Floor

646-312-2155

counseling@baruch.cuny.edu

Website: <https://studentaffairs.baruch.cuny.edu/counseling/>

Office of Health & Wellness

Provides health and wellness education, programming, and connections to campus and community resources.

Health & Wellness Suite, Newman Vertical Campus, Room 3-241

HealthandWellness@baruch.cuny.edu

Website: <https://studentaffairs.baruch.cuny.edu/health/office-of-health-and-wellness/>

Title IX Office

Students and other members of the Baruch community may contact the Title IX Coordinator to report sexual misconduct, ask questions, discuss available supportive measures, or learn more about their rights and options.

Bianca A. Vitale, Esq., Title IX Coordinator

646-312-4546

bianca.vitale@baruch.cuny.edu

Website: <https://president.baruch.cuny.edu/legal-labor-compliance/title-ix/>

To submit an online report of sexual misconduct, please click on the link to the [incident reporting form](#). Incident reports may be submitted anonymously.

Office of the Dean of Students

Provides student support and assistance and can help connect students with appropriate College resources.

Newman Vertical Campus, Suite 175

646-312-4570

Website: <https://studentaffairs.baruch.cuny.edu/studentaffairs/dos-departments/>

Public Safety

For an emergency or immediate safety concern on campus.

Emergency: 646-312-3333 or 3333 from a campus phone

Public Safety Office: 646-660-6000

public.safety@baruch.cuny.edu

152 East 26th Street, Room H-160

Baruch College Ombuds

Provides a confidential, neutral, and independent resource for Baruch students, faculty, and staff who wish to discuss concerns or conflicts informally.

Professor Myung-Soo Lee, Ombuds

646-312-3273

ombuds@baruch.cuny.edu

Newman Vertical Campus, Room 12-255

Website: <https://ombudsman.baruch.cuny.edu/>

Law Enforcement

NYPD 13th Precinct

230 East 21st Street

New York, NY 10010

212-477-7411

For an emergency or crime in progress, call 911.

Sexual Assault & Relationship-Violence Support

RAINN — National Sexual Assault Hotline

Free, confidential support is available 24 hours a day, 7 days a week.

Call: 800-656-HOPE (4673)

Text: HOPE to 64673

Website/Online Chat: <https://rainn.org/help-and-healing/hotline>

National Domestic Violence Hotline

Free, confidential support is available 24 hours a day, 7 days a week.

Call: 800-799-SAFE (7233)

Text: START to 88788

Website/Online Chat: <https://www.thehotline.org/get-help/>

NYC Domestic Violence Hotline / NYC HOPE

Provides free, confidential, 24/7 assistance and connections to domestic and gender-based violence services throughout New York City.

Call: 800-621-HOPE (4673)

Call 311 and ask for NYC HOPE

Website: <https://www.nyc.gov/nychope>

Day One

Provides confidential counseling, legal assistance, and advocacy for young people age 24 and under in New York City who are experiencing dating abuse or intimate partner violence.

Call: 800-214-4150

Text: 646-535-3291

Website: <https://dayoneny.org/>

Sanctuary for Families

Provides free and confidential services for survivors of domestic violence, sex trafficking, and related forms of gender-based violence, including counseling, legal assistance, shelter, and safety planning.

Helpline: 212-349-6009

Crisis Intervention, Shelter & Counseling: 212-349-6009 ext. 1367

Text: 929-335-9922

Website: <https://sanctuaryforfamilies.org/get-help/>