

How to be an Active Bystander:

- Notice the incident
- Interpret the incident as an emergency
- Assume responsibility for intervening
- Have the bystander intervention skills to help

The Four D's of Intervention

When you see a potentially unsafe situation...

Direct.

Step in and address the situation directly.

Example: "That's not cool. Please stop." or "Hey, leave them alone."

Distract.

Create a distraction to suppress the situation.

Example: "Hey, aren't you in my Spanish class?"

Delegate.

Find someone who can help you intervene.

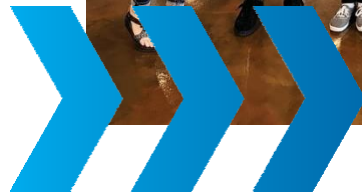
Example: You could contact an R.A., a campus police officer, or a faculty or staff member.

Delay.

It may be best to delay any action for a few minutes.

Example: If you are in a group, you could delay your intervention by asking the person to use the restroom with you.

**Be True Blue.
Be the Power of ONE.**



Get Involved!

Center for Student Involvement and Leadership

Power of ONE Office, Student Union Building, RM 330

Power of ONE Student Committee 615-494-8899

powerof1@mtsu.edu <https://www.mtsu.edu/powerof1/>

Follow Us

Facebook: [MTSU Power of ONE](#)

Twitter: [@MTSUPowerofOne](#)

Instagram: [@MTSUPowerofOne330](#)



MIDDLE TENNESSEE

STATE UNIVERSITY

BE THE POWER OF ONE Building a Safe Community



0817-4654 / Middle Tennessee State University does not discriminate against students, employees, or applicants for admission or employment on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs, and activities sponsored by MTSU. The Assistant to the President for Institutional Equity and Compliance has been designated to handle inquiries regarding the non-discrimination policies and can be reached at Cope Administration Building 116, 1301 East Main Street, Murfreesboro, TN 37132; Marian.Wilson@mtsu.edu; or 615-898-2185. The MTSU policy on non-discrimination can be found at www.mtsu.edu/titleix.

This project is supported by Grant No. 2016-TA-AX-K037 awarded by the Office on Violence Against Women, U.S. Department of Justice. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



Power of ONE is an MTSU campaign that empowers students to stand up for what is right, and address gender-based violence on campus.

What is Gender Based Violence?

Gender-based violence is any act that is perpetrated against a person's will and is based on gender norms and unequal power relationships. Types of gender-based violence may include the following:

› **Sexual Assault** is sexual contact without consent.

It can cover a wide range of acts from unwanted touching to attempted rape. Sexual assault can occur if the victim is forced, threatened, intimidated or physically or mentally incapacitated, including alcohol or drug intoxication.

› **Rape** is unwanted or coerced sexual intercourse without a person's consent. It includes vaginal, anal or oral penetration with a body part or an object.

› **Domestic Violence** is abuse by one person against another in a domestic setting, such as in marriage or cohabitation. This type of violence can take place between former spouses or partners, children, parents, or siblings. Domestic violence can take a number of forms including physical, verbal, emotional, economic, religious, reproductive, and sexual abuse.

› **Dating Violence** is controlling, abusive, and aggressive behavior in a romantic relationship. It can include verbal, emotional, physical, or sexual abuse, or a combination of the above.

› **Stalking** is a pattern of repeated, unwanted attention, communication, or contact by a person that would cause a reasonable person to feel fear or concern for one's own safety or the safety of someone close to the victim.

Examples of stalking:

- Communication by phone, text, email, or social media
- Driving by or showing up at your home, classes, or place of employment
- Following, spying, using social media to keep tabs on the victim
- Sending unwanted gifts
- Damaging your property
- Threatening to hurt you, your family, friends, or pets

› If You Are A Victim:

- Know that you are not to blame. Abuse is never the fault of the victim.
- Get medical treatment if you are hurt.
- Tell a trusted friend or family member.
- Seek help. You can reach out to your campus sexual assault advocate or the local Sexual Assault and Domestic Violence Center even if you are not sure if what you have experienced is gender-based violence.

› MTSU Sexual Assault Advocate

If you or someone you know has been sexually assaulted, you can reach out to the campus sexual assault intervention advocate for confidential support. The campus sexual assault advocate is available for a wide range of services including:

- telephone and walk-in requests for assistance
- physical and emotional support to the survivor
- referrals to appropriate agencies and providers
- in-person support for on-scene and court appearances
- providing support throughout the criminal justice process.

› How To Support A Friend:

- **Believe them.** Don't ask them to describe what happened or ask judgmental questions. *You can say, "I believe you."*
- **Remind them that it is not their fault.** The responsibility for an assault always completely lies on the perpetrator. *You can say, "I'm sorry that someone hurt you"*
- **Listen.** Let your friend know that you care and that you are available to them when they want to talk. *You can say, "Thank you for trusting me with your story."*
- **Suggest resources.** Examples include talking to your RA, a counselor, or the campus sexual assault advocate.
- **Let them make their own decision.** If your friend is dealing with a controlling and manipulative partner, the last thing they need is for you to mimic those behaviors by forcefully telling them what to do. *You can say, "I support you, whatever you choose to do next."*

MTSU - No Closed Door

Confidential Resources

To talk to someone immediately during a crisis
Sexual Assault 24-hour crisis line: 615-494-9262
Domestic Violence 24-hour crisis line: 615-896-2012

To talk to someone confidentially
MTSU Sexual Assault Advocate
Miller Education Center, 503 East Bell St.
Cell: 615-715-2870 Desk: 615-904-8355

MTSU Counseling Services
Keathley University Center, Room 326-S
615-898-2670

MTSU Counseling and Psychological Services
Miller Education Center, 503 East Bell St.
615-898-2271

To receive STI or pregnancy testing
MTSU Student Health Services
1848 Blue Raider Dr.
615-898-2988

To receive medical treatment or rape kit
Domestic Violence and Sexual Assault Program
1423 Kensington Square Ct.
24-hour crisis line: 615-494-9262

St. Thomas Rutherford Hospital (SART Program)
1700 Medical Center Parkway
615-396-4100

Non-Confidential Resources

To report an incident to the university
MTSU Title IX Coordinator
Cope Administration Building, Room 116
<https://www.mtsu.edu/titleix> or 615-898-2185

To report an incident to police
MTSU Detective for Gender-Based Violence:
Cell: 615-692-9264 Desk: 615-494-7607

MTSU Police: 615-898-2424
Murfreesboro Police: 615-893-1311 or 911

To receive academic accommodations:
MTSU Disability Access Center 615-898-2783 Keathley University Center Room 107

Other resources
MTSU Student / Judicial Affairs: 615-898-2440