



Parent Lesson + Resource Guide: *Bystander Intervention* (Start Strong Online)



This guide is intended to support parents in navigating conversations about consent and boundaries with their teens during the pandemic and beyond. Parents are encouraged to use this guide with our Start Strong video lesson, "How to Be an Active Bystander." The lesson is intended to provide information and skills to recognize when sexual harassment and bullying are happening and how to help by being an active bystander.

Lesson Review

[Click here for
video lesson](#)



What is bystander intervention?

Bystander: Someone who witnesses sexual harassment or bullying

There are three different types of bystanders:

1. Negative bystander: Someone who witnesses bullying or harassment and makes it worse. Examples include laughing, pointing, egging on the harasser, etc.
2. Passive bystander: Someone who witnesses bullying or harassment and doesn't do anything.
3. Upstander/Active bystander: Someone who witnesses bullying or harassment and decides to do something about it.



Lesson Review Continued

What is Bystander Intervention?

There are lots of strategies for how to be an active bystander! They can fit into these three categories:

1. Take Action

a.Examples include: Directly asking the person to stop, creating a distraction, and getting a group of people together to tell the harasser you're not okay with the behavior.

2. Show Support

a.Examples include: Telling the victim it's not their fault, helping the victim get away, and offering to go with the victim to get help.

3. Get Help: Tell a trusted adult!

a.Examples include: Parents, guardians, guidance counselors, social workers, and teachers.

What strategies might work for you? It's important that you find what fits your style and personality!

Remember: If the situation feels unsafe, it's always good to get an adult involved. This is the best way to keep others safe while keeping yourself safe too.



Lesson Review Continued

How to get help:

At the end of the day, no one deserves to be sexually harassed. There are plenty of people who are in positions to help you if you, your family members, or your friends ever needed to talk about sexual harassment you've experienced or seen happen. You can talk to your parents, you can talk to your school staff, or you can talk to us. Feel free to use the numbers provided in this guide to get support.

Additional Resources for Parents + Caregivers

OCRCC 24/7 Helplines

Phone Helpline: (919) 967-7273

Text Helpline: (919) 504-5211

Online Chat Helpline: Click the button at the bottom of our website at ocrcc.org

To continue the conversation on sexual harassment, try some of these [conversation starters](#).

For more information specific to healthy online communication during COVID-19, view this 10-minute video entitled "[Youth and Online Relationships in the Time of COVID-19](#)".

CONTACT OCRCC



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What to Do if a Teen Discloses

If a young person discloses that they have experienced some form of sexual violence, abuse or bullying, online or in person, follow these steps to support them and help keep them safe:

1

Young people need to be supported and encouraged by your listening. Let them lead the way in talking about what happened- "I believe you and it's not your fault. Do you want to tell me more about how you're feeling?"

2

Respond calmly and with reassurance. "I am so glad you told me- it is not your fault. I am sorry this happened to you and I will do my best to help you and keep you safe."

3

Ensure their immediate safety. Depending on the nature of the incident, you may need to report it to your child's school, DSS, or law enforcement. You can contact OCRCC if you are unsure about your legal reporting requirements or if you need additional support. Our 24-Hour Phone Helpline is (919) 967-7273 or you can text us at (919) 504-5211.

4

Get help from people trained to support young people who have experienced sexual violence (school counselor, social worker, therapist). Respect their privacy around the details of the event and who is told.

5

Try to follow normal routines. This provides reassurance while they seek to reestablish a sense of control over their life.

6

Recognize your own feelings. It's ok to seek help for yourself while you are also helping others. Our trained advocates are just one phone call, text, or chat away to provide support to survivors and their loved ones.

If you would like support around talking to children in your life about consent and sexual violence, OCRCC's Phone, Text, and Online Chat Helplines are available in English and Spanish 24 hours a day, 7 days a week.