



Intervention Strategies

STRATEGY: Group Intervention • Bring in an Authority Figure

Studies indicate that most men are uncomfortable with our male peers harmful language or actions toward women, but most of us remain silent because we believe we are the only ones who feel that way. Other men are likely uncomfortable too with what's happening so ask them to join you in intervening. Think about involving an authority figure too—someone that the people involved look up to and respect. Think outside the box: authority figures can be friends, relatives, teammates, classmates, RA's, or anyone else!

STRATEGY: Educate about Consequences • Offer Options

Inform those involved about potential consequences to their actions—the harm done to the victim, but also possible arrest, expulsion or other sanction for the person committing the action. Two lives or more can be affected or ruined by violent or abusive actions. Offer options and other alternatives to what is happening, options that respect everyone involved, assume the best of everyone involved, and don't wind up with anyone being disrespected or hurt.

STRATEGY: Challenge the Behavior • Ask Questions • Clarification

People who express attitudes connected to rape culture expect others to go along with them, to laugh, to agree, to join in. They do not expect to be questioned. Challenging what's happening by asking questions such as, "I'm not clear about what you mean by that. Maybe you could explain?" helps to change the dynamic and flow of conversation. Also, people are encouraged to think about the assumptions that underlie their statements and attitudes. It is especially important to ask questions in a way that is not aggressive and will not escalate the confrontation.

STRATEGY: Bring it Home • Value Women

This strategy humanizes the person being demeaned. Reminding someone that their sister, mother, or girlfriend might be talked about in a negative or disrespectful way can also remind people that all women and girls deserve respect.

STRATEGY: "I" Statements • "We're Friends, Right?"

No one enjoys when someone points the finger at them, when someone confronts or accuses them. "I" Statements are easier for others to hear since they are about the person making the statement. Take this a step further if you are close to the person committing problematic actions! Take your friend off to the side or wait until later to confront him or her. Let the person know you think they are a better person than what their actions suggest. This way you can avoid humiliating your friend and increase the likelihood that he or she will be able to hear what you say.

STRATEGY: Distraction

The goal of this strategy is not to directly confront rape-supporting behaviors, but rather to interrupt them. This is an especially useful technique in dealing with situations in which there is a higher risk of physical violence (e.g., street harassment or an assault in progress). Simply asking someone for the time or for directions might be enough to interrupt the behavior and give the target the opportunity to escape.