

Bystander Intervention Level 3: Disrupting the Cycle of Violence



"Disrupting the Cycle of Violence" delves deeper into the roots of violence, discussing how microaggressions, jokes, and other covert instances of violence support the ongoing cycle of all violence.

STRATEGIES FOR CALLING IN:

SHARE IMPACT

Say things like
"that hurt" or "I
don't think that is
okay"

LEVERAGE RELATIONSHIP

Tell your friends
their actions
matter to you and
impact you.

EDUCATE

"I recently learned
that word is hurtful.
I suggest using ____
instead.

IMPACT OVER INTENT

Try not to get
defensive; listen to
how you impacted
them, even if you
didn't mean to.

WHEN YOU'RE CALLED IN:

APOLOGIZE

Don't just say it,
do it! No "ifs" or
"buts."

MOVE FORWARD

Don't wallow;
commit to doing
better & keep
learning.

