

FIVE STEP

DECISION-MAKING MODEL

1 Notice the event

WHAT TRIPS PEOPLE UP

- Other people or events create a distraction.
- Sometimes people don't WANT to notice.

HOW TO HELP

- Be aware of your surroundings.
- Anticipate problems and look for red flags.
- If you notice a problem, consider the best intervention and/or exit strategies.

2 Interpret the event as a problem

WHAT TRIPS PEOPLE UP

- Ambiguity. Is it REALLY a problem?
- Conformity. No one else is doing anything so it must be OK.

HOW TO HELP

- Investigate ambiguous events further, even if others appear unconcerned.
- Ask others what they think.
- Be mindful of peer pressure and be prepared to react to it.

3 Assume personal responsibility

WHAT TRIPS PEOPLE UP

- Diffusion of responsibility. "Somebody else will take care of it." But nobody does!

HOW TO HELP

- Don't assume someone else will do something. Take it upon yourself to act.
- Publicly state your intention to help. You can decide later whether it will be directly or indirectly.
- Enlist the help of others to step up.

4 Have the skills to intervene

WHAT TRIPS PEOPLE UP

- Don't know WHAT to do or HOW to do it.
- Can't distinguish between EMERGENCIES and NON-EMERGENCIES.
- Can't distinguish between DIRECT and INDIRECT approaches.

HOW TO HELP

- Learn the skills and strategies to step up.
- Think about different situations BEFOREHAND and determine how you would DIRECTLY and INDIRECTLY step up.
- Practice the skills in everyday life so you're ready when you need them.

5 Implement the help

WHAT TRIPS PEOPLE UP

- People weigh the costs and rewards and determine the benefits outweigh the risks.
- It's still important to consider the costs for not helping, even if those costs aren't to you, but to someone else.

HOW TO HELP

- Be the first to act. Sometimes others are just looking for someone else to go first.
- Create shared upon standards of behavior and expectations within your group.
- Use a SAFE, EFFECTIVE, and EARLY response.