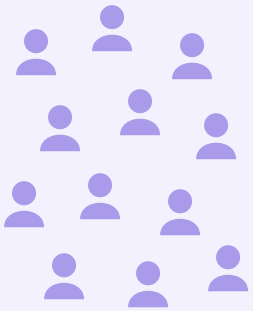
The Bystander Effect

LEARN & PRACTICE · NOTICING, RESPONSIBILITY AND HELPING SAFELY

Why we sometimes hold back when others are around, and how to step forward safely

In classic experiments, people were less likely to help when others were present than when they were alone. Responsibility can feel shared, and we look to others to decide whether something is really wrong. Knowing the pattern can make it easier to notice, and to choose a safe way to act.

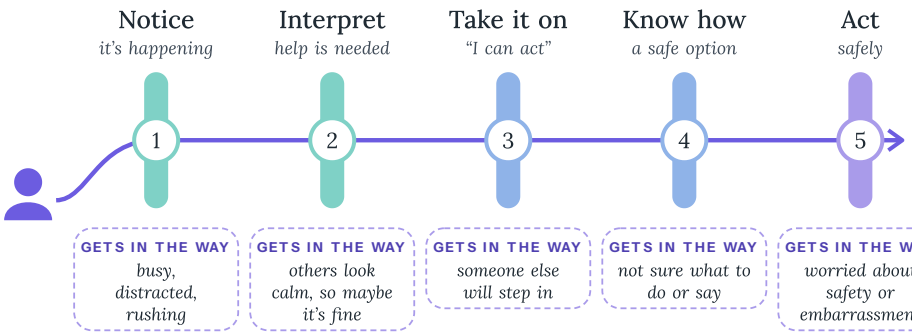
IN A CROWD



"Someone else will probably help."

responsibility feels shared

FIVE STEPS BETWEEN NOTICING AND HELPING



01 Safe ways to help

helping doesn't have to mean confronting anyone

Get help
Alert staff, security, or emergency services.

Ask someone directly
"You in the blue, can you call for help?"

Interrupt gently
Ask the time or directions to ease the moment.

Check in after
"Are you okay? Can I do anything?"

Speak up
Only if it feels safe for you to do so.

Your own safety matters too. Choosing a safer option is still helping.

02 Reflecting

without judging yourself

A time I noticed something and held back
which step got in the way?

A time I, or someone else, stepped in
what made it possible?

My plan

If I notice _____

I could _____

Who I could ask to act with me

What I'd like to talk about

A real effect

Early experiments found people were slower to help when they believed others could also respond.

Not the whole story

A large review found the effect weaker in clearly dangerous situations, where help is more obviously needed.

Helping is common

In real CCTV footage of public conflicts, at least one bystander did something to help in about nine out of ten cases.

SOURCES

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