Have you ever been concerned about a situation and wanted to help... but didn't know how?

PAUSE teaches students the importance of intervening when someone might need help by using a three step decision making process to intervene in all circumstances.

Be part of a great team and learn how to teach others how to become a PAUSE-itive Bystander!

For more information, contact:
The ATOD Program
Student Health Services, Rm 268
(562)985-2520
www.csulb.edu/atod
Prevention Awareness Uniting Students with Empowerment (PAUSE) Bystander Intervention Program at CSULB teaches students the importance of intervening when someone might need help. PAUSE focuses on interventions using the three step decision making process to intervene in all circumstances but focuses on sexual violence situations. Peer facilitators present these trainings to students across the CSULB campus. You could be the difference.

SEE
YOU HAVE TO NOTICE THE EVENT BEFORE YOU CAN HELP.
This stage is important because it determines whether someone will get the help they need. Knowing the prevalence of sexual assault should make it easier to notice when suspicious behavior is occurring.

THINK
NEED TO DECIDE IF THE SITUATION WARRANTS ANY ATTENTION
At this stage, it is crucial for you to use your best judgement.

ACT
AT THIS POINT, YOU MUST TAKE PERSONAL RESPONSIBILITY FOR THE SITUATION
In this stage, you will need to know how to distract, delegate, direct.

Tips to Being a PAUSE-itive Bystander
Approach everyone as a friend
Do not be antagonistic
Be honest and direct whenever possible
Try to stay calm and in charge
Recruit help if necessary

Do you know the 3Ds?

Distract
Directly address the situation.

Delegate
Making a simple (or elaborate) distraction to diffuse the situation.

Direct
Finding someone else to address the concern.

CAMPUS RESOURCES
CSULB Student Health Services
Alcohol & Drug /Sexual Assault Counseling
562-985-1732

CSULB Counseling & Psychological Services (CaPS)
562-985-4001

CSULB University Police
562-985-4101

CSULB Women’s & Gender Equity Center
562-985-8575

CSULB Equity & Diversity
562-985-8256