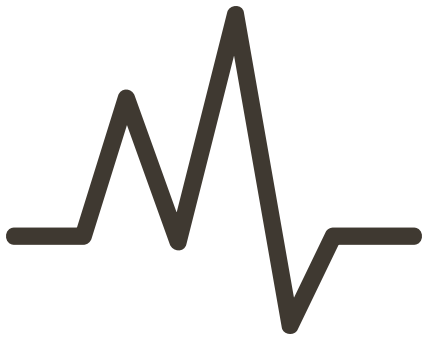


Be an Active Bystander

developed by Quentin Hodges,
University of Arizona



Breathe

relaxes you and gives you time to
find the right reaction for the
situation at hand



Acknowledge

does not mean you have to agree
with the other person, but it is
important for them to feel like they
have been heard and understood



Respond

when folks feel like they have
been heard, they are more like
to listen to you