

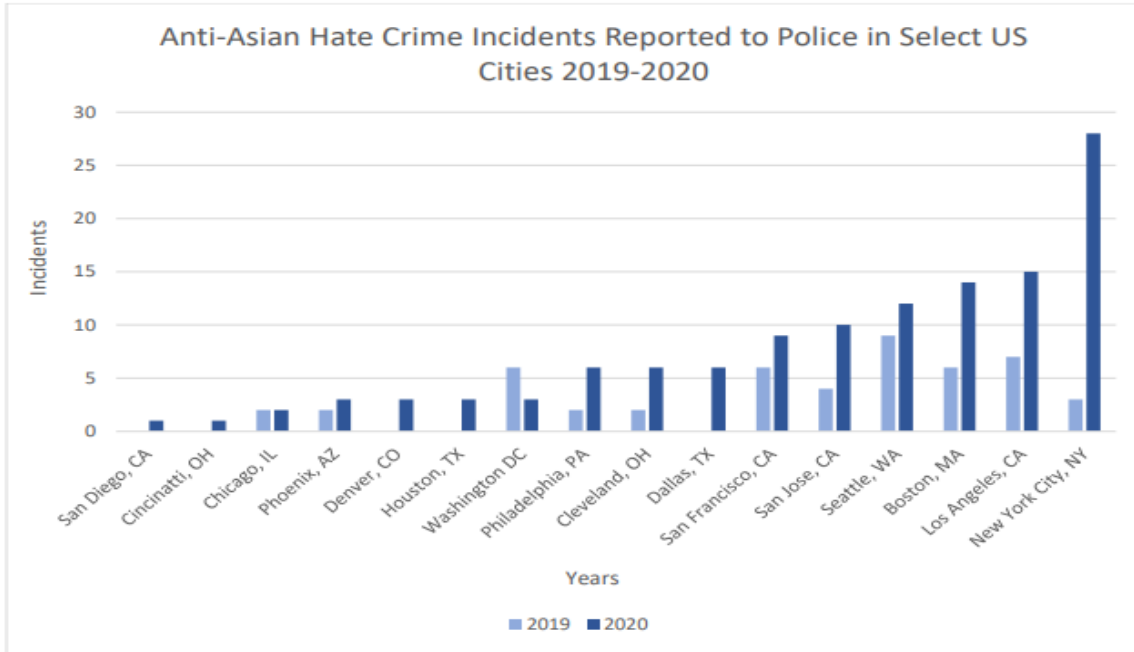


**We Are Not Silent:  
Bystander  
Intervention**

*A call to Action to Stop Hate and Bias against Asian Communities*

Bystander Intervention recognizes a potentially harmful situation or interaction and chooses to respond in a way that could positively influence, and most importantly, change, the outcome.

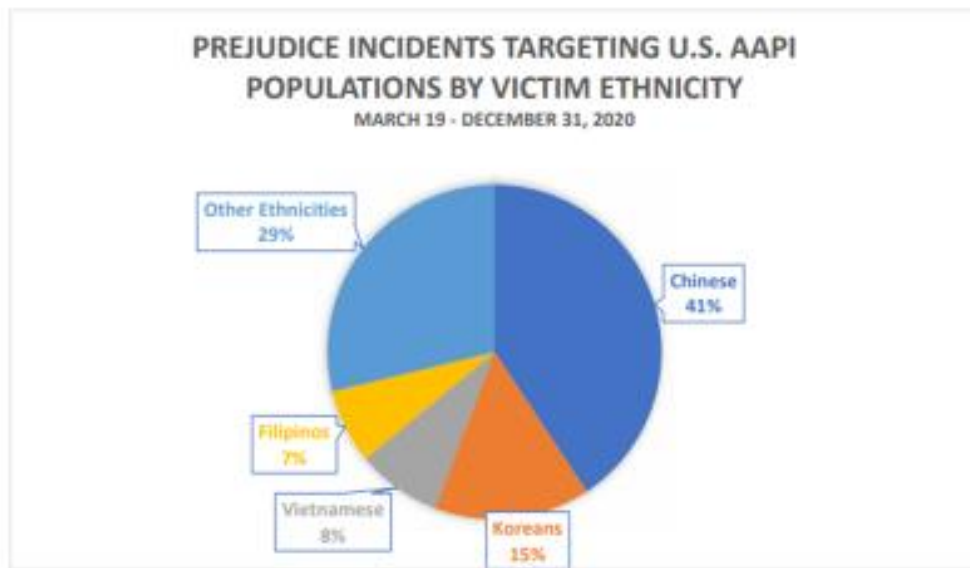
Data:



Source: CSHE



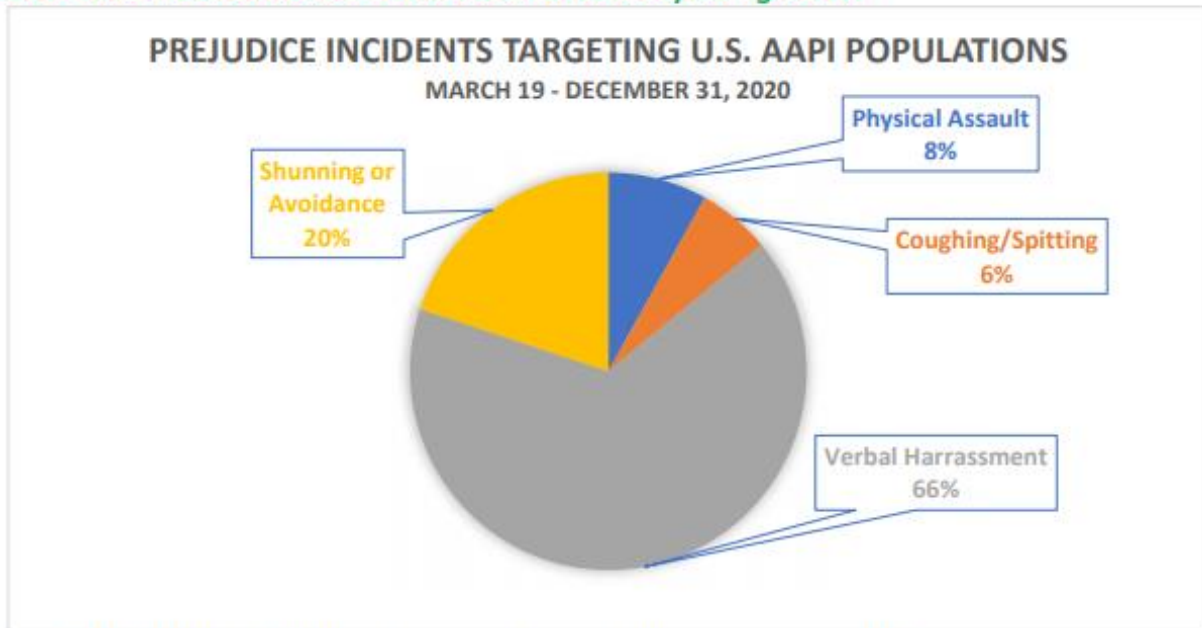
# Data



Source: Stop AAPI Hate (February 9, 2021) <https://stopaapihate.org>

## We Are Not Silent: Bystander Intervention

**STOP AAPI Hate: Anti-Asian Hate Victimization Reporting Portal**



Note: It should be noted that spitting on someone is considered a type of assault.

Source: Stop AAPI Hate (February 9, 2021) Source: <https://stopaapihate.org>

Source: Center for the Study of Hate and Extremism at California State University San Bernardino  
<https://www.csusb.edu/sites/default/files/FACT%20SHEET-%20Anti-Asian%20Hate%202020%203.2.21.pdf>

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Active Bystander is someone who witnesses an event they know to be unhealthy or abusive, and they intervene by stepping into the situation, speaking up, offering assistance, or getting help.

A passive Bystander is someone who witnesses an event they know to be unhealthy or abusive, but they do not act or help in any way due to some personal, relationships, and organizational barriers.

# The Five Ds



Direct



Distract



Delegate



Delay



Document

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15

## Direct

- Using a direct approach to intervention means that you confront the situation by either verbally or physically stepping in.

## Distract

- Is when you take an indirect approach to deescalate the situation.

## Delegate

- Is getting help from someone else.

## Delay

- After the situation has deescalated, check in with the individual who experienced the harm or the individual who chose to cause harm.

## Document

- This is documenting the behavior(s) you witnessed, including who was involved and who else may witness the harm



- Spread awareness.
- Report hate crimes.
- Donate funds.
- Speak Up.
- Check-in.
- Educate yourself.
- Support.

28

Support community organizations that are helping out.

- Local organizations:
- Washington State Commission on Asian Pacific American Affairs (CAPAA)
- National Asian Pacific Center on Aging National Resource Center
- Filipino Community of Seattle
- Seattle Chinatown/ID Preservation and Development Authority
- Japanese Cultural and Community Center of Washington
- Chinese Information and Service Center (CISC) – Seattle
- Korean Community Service Center of Washington
- India Association of Western Washington
- Hmong Association of Washington
- Kandelia (formerly Vietnamese Friendship Association)
- Asian Pacific Islander Coalition of Washington
- Asian Pacific Directors Coalition
- Organization of Chinese Americans Greater Seattle Chapter
- Asian Pacific American Coalition for Equality
- Asian Pacific Islander Community Leadership Foundation

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- Chinese Chamber of Commerce of Greater Seattle
- Chinese For Affirmative Action (CAA)

National organizations:

- Stop AAPI Hate
- Asian Americans/Pacific Islanders in Philanthropy (AAPIP)
- Asian Health Services – Oakland
- Asian Pacific Islander Americans for Civic Empowerment
- Rise: Asian Pacific America
- Chinese American Citizens Alliance
- The Sikh Coalition

[EAP Anti-Asian/Pacific Islander Violence: Tips and Resources](#)

[CAPAA Report Hate/Discrimination](#)

[Responding to Hate Crimes Community Action Guide](#)

[Hate Incident Reporting website](#)

Bystander Resources

<https://www.ihollaback.org/bystander-resources/>

Video: Bystander intervention for good | Nate Burke | TEDxSchriever

<https://www.youtube.com/watch?v=2-wdXNmpyPw>

Department of Enterprise Services

<https://des.wa.gov/services/training-and-development/browse-category>

Washington Immigrant Network

<https://www.washingtonimmigrantnetwork.org/>

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