

B.A.P.P

Before Intervention:

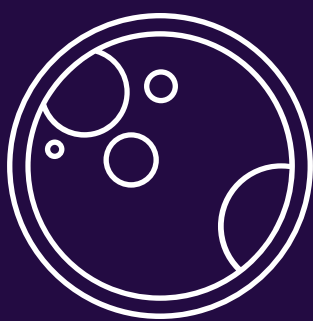


CENTER FOR
ANTI-VIOLENCE
EDUCATION



BREATHE

Take a few slow/deep belly breaths to calm your body & mind; to give you time to think



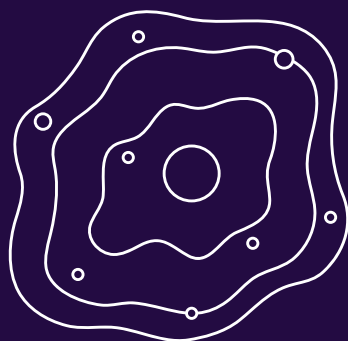
AWARE OF YOUR TRIGGERS

What makes you react (verbally or physically) with anger, sadness, fear, etc.



POSITION YOURSELF FOR SAFETY

- If you are standing, stand firmly on both feet
- Be aware of where your exits are
- Be aware of places or people around you (they may help or be a threat)
- Keep your hands available, out of pockets
- Convey Confident Body Language - Keep your head up & look toward the person, if not in the eye make sure you can see what the person is doing



POSITIONALITY

It is important to recognize and use our perceived identities (race, gender, ability, etc.) to inform the tactics we use. Positionality is the social and political context that creates your identity in terms of race, class, gender, sexuality, and ability status.

**** (IF NEEDED) GET THE ATTENTION/HELP OF OTHERS - BY MAKING EYE CONTACT WITH OTHERS, VERBALLY ASKING OTHERS FOR HELP**

UPSTANDER STRATEGIES



BE AN ACTIVE WITNESS

Record by watching, writing, or video documentation.

Documentation can also be used if someone else is already helping to de-escalate.



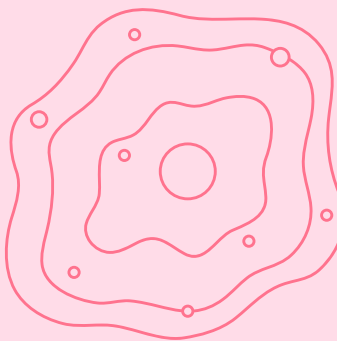
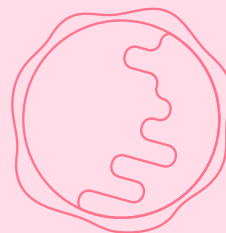
INVOLVE OTHERS

Ask others for support/help and/or delegate tasks if possible

SUPPORT, NOT SAVIOR

Use your VOICE to help the person being harassed
Get the person being harassed OUT of the SITUATION (if possible)

Distract attention away from the harasser, the targeted person, or the situation itself.



DISTRACT

Distract attention away from the harasser, the targeted person, or the situation itself.

ADDRESS THE HARASSER

ASK QUESTIONS for clarity and try to MAKE A CONNECTION

If you have a relationship with the person:
PERSONALIZE then ASSUME they MEAN WELL



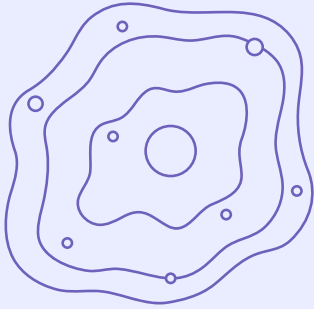
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GAMBLIN

De-escalation Strategies



Get to "we"

offer Alternatives

**Match & lead to
step it down**

Broken record

Lose to win

"I" statements

**Name the
behavior**



Approach from the side: DO NOT Approach the aggressor from behind, or get directly in their face, this may escalate the situation.

**TIP: If one technique does not work,
try another or a combination of strategies.**

C.A.R.E

After Intervention:



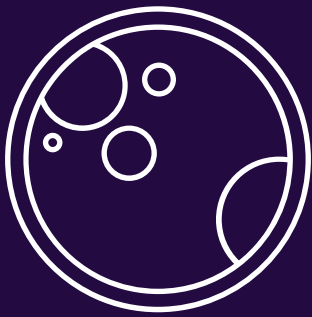
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CARE PRACTICES VS. COPING

Identify care practices that you can do after an event.

Mindfulness - distinguish between coping and care.



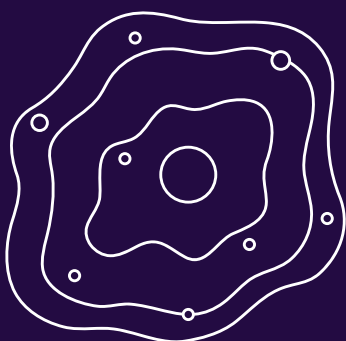
ALLOW WHATEVER YOU FEEL TO ARISE



RETURN TO BREATH



ENGAGE IN COMMUNITY ORGANIZING



Whatever happened is likely not an isolated incident. Find a community that makes a larger connection to systemic and communal change and continue to mobilize.
