



**Thousand Waves**  
Martial Arts & Self-Defense Center, NFP

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## **Assertive Communication: Intervention** **When we witness violence, how to help without getting hurt**

### **What is intervention?**

Dictionary Definition of Intervention:

- The act of coming in or between in order to stop, settle, or modify

Thousand Waves' Definition:

- Being an ally; getting involved
- A self-defender's speech and actions in situations where they are not the target

Examples of intervening in violence and conflict:

- Confronting implied complicity in violence
- Taking action to prevent violence before it occurs
- Speaking out against hurtful or violent speech
- Defending a person being assaulted or battered
- Stopping two or more people from fighting

### **The Thousand Waves Approach:**

- **Challenge the prevailing culture** of not getting involved
- **Decide to be an ally to others** who are in conflict and who aren't able to handle it themselves
- **Consider "community" broadly**, extending it to family, friends, neighbors, coworkers, and those we don't know. Consider those with whom we share public space – such as on an elevator, waiting room, or train – part of our community.
- **Remember the spectrum of violence**: from irritating/annoying to harmful to life threatening, and know that interveners are needed for all forms.
- **Know that most forms of violence start small**, so interrupting violence when it's not dangerous may be our best strategy.
- **Believe we can have an impact** even if we don't see the effects of our actions immediately. We may have prevented the situation from escalating, or given the participants something to think about next time, or shown other witnesses how they can step in.
- **Know we can change strategies** if it isn't working, or if we become the target. We can get others involved, call 911, reach out to help lines for support/resources.
- **Practice your skills!** Start small. Notice the everyday situations you witness where you can practice speaking up for justice, against violence. This will tone your self-defense muscles, which will get stronger with practice.



## Intervention Strategies

Intervening in conflict and violence uses emotional, mental, physical, and verbal tools.

### Internal

- **Trust your instincts** about whether it is safe to intervene. Consider how close you want to be to the situation if you do intervene. If you sense that you are becoming the target, it may be time to leave.
- **Set realistic goals:** to stop conflict that moment, keep violence from escalating, or restore harmony... It doesn't mean that the participants won't ever have conflict again.
- **Stay open:** let go of assumptions about who is perpetrator/victim; try not to choose 'sides'
- **Take a breath** to garner courage
- **Self-talk:** Tell yourself you can do it; you may be afraid but can be an actor; remember that it's worth it to try something; tell yourself you can seek support afterwards.
- **Commit to asserting yourself,** to being an ally
- **Know you can change strategies** if it isn't working, or if you feel that you are in danger

### External

- **Be aware of the distance** (how close you want to be to the people), know where escape routes are, consider if there may be allies nearby
- **Communicate with your body:** don't show whose side you're on with your positioning, show concerned look in your face and eyes, show confidence in your body

### Verbal

- **Interrupt comments and jokes that are based in bias.** "That joke isn't funny. I don't allow that language in my home."
- **Educate a harasser.** "You'll get a better reception if you just say hello." "Women don't like to be called that."
- **Take a stand** when you hear hate-based or harassing speech: "my friend can dress how she likes:" "I don't agree with what he said about being gay."
- **Distract them:** "The police/principal are just around the corner." "Let's go for a walk"
- **Avoid polarizing the situation** more with your words. Especially when witnessing conflict between friends/partners, try an approach that reaches out to both: "What's going on here? Can I help you solve this a different way?"
- **Take charge of the situation:** "Looks like you two need help...why don't you take 10 minutes away from each other & discuss this later" "Step away from each other! Fighting isn't going to solve anything" "Take a deep breath and find another way to handle this"
- **Give them an out:** "Fighting's going to get you in trouble, it's not worth it"
- **Offer help:** "Can I hold your groceries while you take care of your crying baby?"
- **Seek additional help:** "I'm going to get a supervisor/teacher/parent to help you handle this." "I'm calling 911!" Ask other witnesses: "Can you help me with this?"
- **Follow up later** (if possible)