



PEERS AGAINST TOBACCO

Bystander Intervention

How to Speak up about Tobacco Use On and Off
College Campuses

Five-Step Process

1. Recognizing the event
2. Interpreting problem as an emergency
3. Taking responsibility
4. Knowing what to do
5. Assisting in the situation

What Exactly is the Bystander Effect?

Although we hope that everyone would selflessly help others in times of need, research shows that this is not always the case.

In the 1960's, social psychologists, John Darley and Bibb Latane coined the term bystander effect after the infamous murder case of Kitty Genovese, who was stabbed to death in front of her apartment complex.

According to The New York Times, there were 38 witnesses who heard or saw the attack, but each of them failed to offer help and to call the police.

The bystander effect describes the idea that the more bystanders present, the less probable it is that someone will step in to help in an emergency. There is a five-step process that bystanders go through where they either choose to act, or to not act. At any of these stages, the bystander can fail to step in by choosing to do nothing.

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Previous Research on Bystander Intervention Programs:

Research suggests that bystanders fail to act because they fear retaliation, embarrassment, and loss of relationship with the problem person. Likewise, bystanders sometimes believe another individual will take action to stop the emergency. Various programs have been created to try and reduce the negative consequences of the bystander effect in social situations like bullying and sexual violence. For example, the University of Arizona C.A.T.S. Life Skills Program collaborated with the National Collegiate Athletic Association (NCAA) to develop a program called Step UP! Be a Leader, Make a Difference, which is now being used by hundreds of colleges and other organizations. The research based training curriculum addresses situations including alcohol, depression, hazing, sexual assault, eating disorders, academic misconduct, and discrimination.

California State University-Long Beach developed the Prevention Awareness Uniting Students with Empowerment (PAUSE) to help students learn the importance of intervening in certain situations, specifically sexual violence. The program emphasizes a three-step decision making process known as the 3D's. This includes distracting the perpetrator and victim, delegating direction and support, and directing communication between the two parties. Another example includes the Stomp-Out Bullying program, which is geared towards turning "bystanders into up-standers" in situations of physical and emotional bullying, as well as cyberbullying. Although secondhand smoke might not be classified in the same manner as those offences, non-smoking individuals could benefit from similar programs when faced with the difficult task of asking someone to quit smoking around them.

There is NO safe level of exposure to secondhand smoke!

Did you know...

Premature deaths from smoking and secondhand smoke per year

480,000

Texan adults dying from tobacco-related diseases per year

28,000

Deaths of non-smokers from secondhand smoke per year

49,000

Chemicals in secondhand smoke

7,000

Known carcinogens in secondhand smoke

70

Secondhand smoke includes both the smoke from the cigarette and the smoke exhaled by smokers. It contains smaller particles in comparison to mainstream smoke, which enables the secondhand smoke to travel into the body cells and lungs. This can cause heart disease and negative effects on the blood vessels in the body.



Secondhand smoke causes cancer of the larynx, pharynx, nasal sinuses, brain, bladder, rectum, stomach, and breast.

In response to a poll asking whether or not people ask others to stop smoking around them, 30% of people responded that...



We want you to know how to protect yourself and others from the dangers of secondhand smoke, so we've compiled some tactics for you to speak up against tobacco use.

Hopefully these tools can also help you reinforce the university policies prohibiting tobacco use on your campus and aid you in protecting yourself and others from secondhand smoke.

Supporting a Tobacco Free Campus Policy

Assume the person is not aware of the policy

"You might not know this, but..."

Be polite, friendly, and calm

"I just thought you might want to know..."

Clear the air by explaining your university's tobacco and smoking policy

"The university policy states that you can't ... If you want more information, you can refer to ..."

Perhaps tobacco is completely banned on your campus, or it's allowed in designated areas. Whatever the case, explain to the person that they need to respect the health of others by abiding to the policy.

Try not to come off as angry or hostile, but also don't be timid. You are standing up for the health of yourself, others, and the environment.

Consider that the person might not know the policy even exists. You should understand your school's policy. Don't just say ""hey you can't smoke here.""

Post signage in hot spots with a lot of tobacco use.



You can download these ads at
PeersAgainstTobacco.org.

Dealing with Tobacco While Off-Campus

Sadly, you're not always going to be protected from secondhand smoke. Here's a few things to keep in mind:

You will gain nothing by being rude to the person. Don't belittle them for smoking.

Get up and walk away if you don't feel comfortable asking them to stop.

Keep in mind that smoking is extremely addictive and the person might become hostile towards you.

Consider that the person doesn't know about the effects of secondhand smoke.

There's no reason to act melodramatic by coughing in front of them and looking disgusted. Be respectful

Try to tell them that you care about your health and don't want to inhale their secondhand smoke

Remind them of the harm that smoking causes, but don't guilt them. Offer cessation resources if they ask for help

Explain how the smoke bothers your nose, usually people will be polite and put out the cigarette or move away

Make sure that your friends and family members know that you care about their health and the best for them

You are sitting at a table on campus and you see your lab instructor sit down on a bench near you. He starts smoking a cigarette while grading papers, but your school is a tobacco-free campus. You feel the need to say something to him, but you aren't sure how to approach the situation. You could ask him about his day. Then, politely explain that cigarette use on campus is not allowed and you would appreciate it if he disposed of his cigarette, or respectfully say "I'm not sure if you're aware, but our school is smoke and tobacco-free. Just thought you'd like to know."

If he...

- agrees instantly and puts out his cigarette, make sure to thank him for following the school's policy. Tell him you appreciate his cooperation and will see him in lab.
- tells you to mind your own business or dismisses you, don't get angry or offended. Remind him that you were not trying to be rude, but that you were just letting him know because you were not sure if he was aware of the policy.
- continues to be argumentative, say "I think we got off on the wrong foot, I really didn't mean any disrespect." Before you leave, you could say "I understand the policy may be hard to follow, but please try to respect that the school is working towards a healthier environment for everyone. Have a great day!"

After finishing a super hard economics exam, you and your friends are walking to a restaurant on campus. One of your friends says she needs to unwind and pulls out a cigarette. Your school prohibits smoking on campus grounds. Knowing this, you could tell your friend "hey, you probably don't know this, but we can't smoke on campus grounds."

If she...

- puts out her cigarette, tell her thank you and then you can change the subject.
- questions why she can't smoke on campus, explain some of the details of your school's policy and communicate that the school is trying to create a healthier environment for all the students.
- complains that she really needs to unwind because the test stressed her out, tell her you understand how she's feeling, but that she needs to follow the school's policy. Try to reiterate the reasons for the school going tobacco-free.
- keeps arguing with you, remind her that you're not trying to be rude and explain that she can still smoke off-campus. You could try to diffuse the tension by changing the subject. Mention how hungry you are and that you can't wait to eat, or ask everyone in the group what they're planning on doing that weekend.

Your university recently implemented a policy that prohibits smoking and tobacco use within 50 feet of building doorways. While leaving the engineering building, you see another student using an electronic cigarette very close to the doorway. You could say “maybe you don’t know this, but smoking is prohibited within 50 feet of buildings.” Then you could ask if they mind moving to another area on campus.

If he... - stops using his electronic cigarette, or moves far enough away from the building, thank him and continue with your day.

- asks why he can’t smoke near the building, tell him that the university has a new policy that prohibits it.

- tells you electronic cigarettes aren’t tobacco, say that the university bans all tobacco use and electronic cigarettes fall under the category of tobacco.

- continues to question the policy, explain some of the effects of secondhand smoke and communicate that the university is working towards a healthier environment for the students and environment.

- tries to argue with you, tell him that you don’t want to fight and that you would appreciate it if he respects the university’s policy. Then, you can say, “have a nice day” and continue walking.



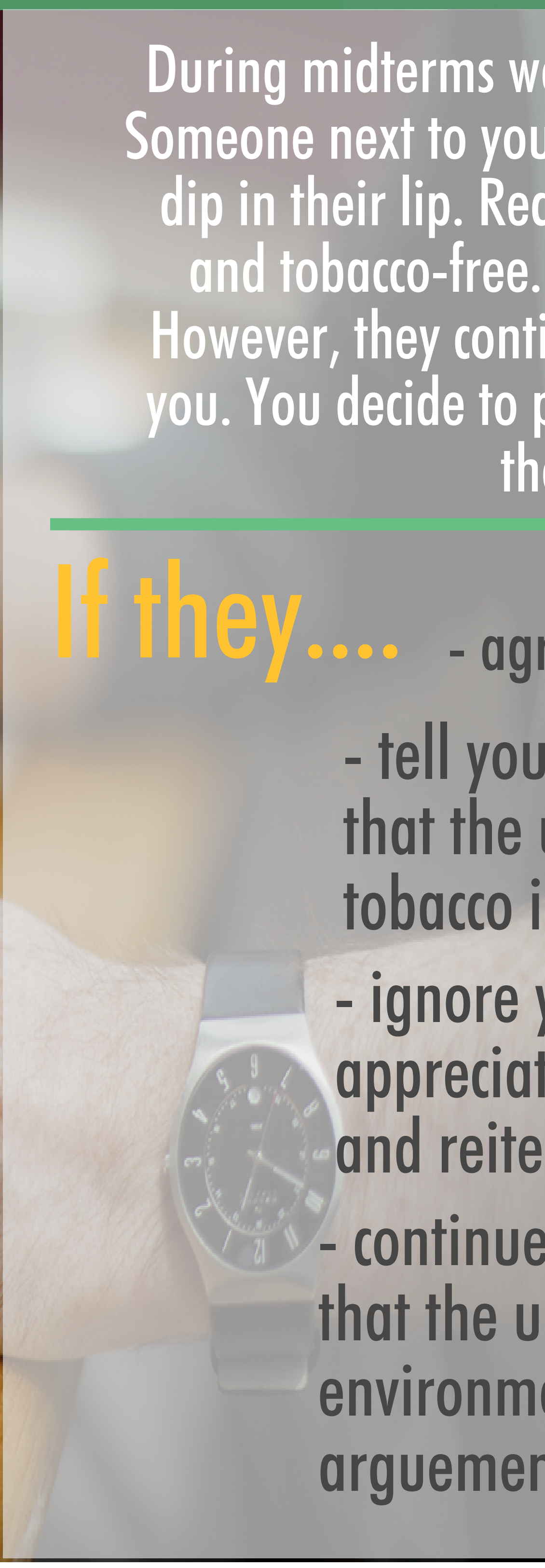
During midterms week, you’re studying in the library on campus. Someone next to you takes out a can of chewing tobacco and puts a dip in their lip. Recently, your university went completely smoke and tobacco-free. At first, you’re too nervous to say anything. However, they continue to spit repeatedly and it begins to bother you. You decide to politely ask if they are aware of the policy and then ask them to stop dipping.

If they.... - agree, then say thank you and continue studying.

- tell you that they can dip in the library, explain that the university is tobacco free and chewing tobacco is considered a banned substance.

- ignore you, respectfully express that you’d really appreciate it if they stopped dipping in the library and reiterate that chewing tobacco is prohibited.

- continue to question why they should stop, explain that the university is working towards a healthier environment for everyone. Avoid starting an argument.



You live in a residence hall on campus with two other roommates. Although smoking and tobacco products are allowed on campus grounds, all forms of tobacco are prohibited inside residence halls and buildings. After your intramural soccer game, you come back to the room and walk in on one of your roommates and her friends smoking from a hookah pipe. Not only does it smell sickly sweet, but it's also prohibited under the university tobacco policy. You have a few options for what to do, so let's consider some of them.

You could start by saying you'd appreciate it if they didn't smoke hookah in your room. Keep in mind that they might not know that hookah is prohibited. This would definitely be the most direct method for getting them to stop, but it's also one that some people may be afraid of doing.

Instead of asking them to immediately stop, you could ask your roommate if you could talk to her outside. Proceed to tell her how you'd like them to stop smoking in the room. If she refuses, explain that smoking hookah is prohibited in residence halls and buildings.

If you're too afraid or nervous to say anything directly, or if they refuse to stop smoking, you can go through your resident assistant. This is the most indirect way to make sure that they don't continue to smoke in your room.