

Words of Wisdom

"Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality."

~ Martin Luther King, Jr

We need someone who will stand up and speak up and speak out for the people who need help, for people who are being discriminated against. And it doesn't matter whether they are black or white, Latino, Asian or Native American, whether they are straight or gay, Muslim, Christian, or Jews."

~ John Lewis

"We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."

~ Elie Wiesel

"The world will not be destroyed by those who do evil, but by those who watch them without doing anything."

~ Albert Einstein

"Your silence gives consent."

~ Plato

"Strong people stand up for themselves, but stronger people stand up for others."

~ Suzy Kassem

"It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends."

~ J. K. Rowling

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

~ The Lorax

Terms & Concepts

Extrapolated from various sources/resources by Daniel Cantor Yalowitz, Ed.D. and Tatyana Fertelmeyster, LCPC

Observer [Onlooker]: An individual who senses harm being done and deliberately decides not to get involved in any way. Takes a passive and disengaged perspective and no role in a situation involving harm-doing.

Participant: An individual who, upon sensing harm being done by one or more persons to another person or group, decides and takes an active role as an ally or active bystander to support the offended party.

Witness: A person who takes conscious account or mental note of the specifics of a harm-doing situation and is available and prepared to support an active bystander or participant in a given situation.

Bystander: A person who witnesses harm occurring. The Bystander can either ignore the harm being done or take specific action to minimize, reduce, or stop it.

Bystander Effect: The bystander effect occurs when the presence of others discourages an individual from intervening in an emergency situation. The greater the number of bystanders, the less likely it is for any one of them to provide help to a person in distress.

Ally: One who voices or otherwise demonstrates moral and emotional support for someone to whom harm is being done, even if it is not in an activated or manifested manner. Similar, but stronger than, a witness.

Allyship: The state or condition of being an ally; supportive association with another person or group. Specifically: such association with the members of a marginalized or mistreated group to which one does not belong.

Harm-Doer: A person or group of people who willingly, deliberately, and intentionally perpetrate and perpetuate active harm against another person or group of people, whether it be any combination of physical, emotional, or verbal in nature.

Forms of Harm: May include harassment, bullying, violence, abuse, injustice, intimidation, unethical behavior, coercion, and other forms of verbal and physical behaviors and actions with a direct intention of causing emotional or other upset to a targeted individual or group.

Trigger [aka Restimulation]: A situation or circumstance when one being harmed is specifically reminded of an earlier and unresolved experience or relationship earlier in their lives which may cause temporary emotional paralysis or involuntary reactivity against a harm-doer.

