Sometimes when I see someone in an uncomfortable or risky situation, I know I should help, but I'm not sure how.”

She doesn’t have the vibe of the people I hang out with—but I can help her anyway.

I'm not sure he actually needs help—so I'll watch and talk with my friends and figure it out.

Maybe I can improvise an interruption and give her a chance to walk away.

I don’t know these other people around me—but if I step up first, they’ll probably back me up anyway.

I'm OK asking him to show me how to find the bathroom—that could break up their funky dynamic.

What’s your bystander style? Take the quiz in Student Health 101, December 2016.