RIVALSHOT ACADEMY · LEARNER JOURNAL

My bystander choices journal

This private journal goes with Help Without Making It Worse: Bystander Choices. Use it to think through your own limits, practise words you can use, and notice how you feel after hard moments. Write about places and situations in general or invented terms. Do not record home addresses, access codes, or names and identifying details of real people. You can pause or skip any prompt.

How to use this journal

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

Check your footing

Picture a kind of public place you visit often. Where would you pause to check space, exits and helpers there, and who usually has a role?

Write three personal limits you want to hold in a tense moment and one thing you will always be willing to do, such as telling staff.

How does your body usually react to stress, and what could you say to yourself to steady your breathing and choose?

Follow their lead

Write the exact words you would use to offer help, and what you would say if the answer were “No, I’m fine.”

Why might someone turn down help even when they are uncomfortable? List as many reasons as you can without judging them.

Rewrite one blame question (for example, “Why didn’t you just move?”) into words that support the person instead.

Bring in the right help

Invent a scene and write a three-part handoff: where, what you saw and heard, and what the targeted person seems to want.

Reread your handoff. Did any word guess at someone's mental state, substances, relationship or identity? Rewrite it using behavior only.

If you work or volunteer with the public, what do you still need to learn about your organization's incident process?

Change the moment

Write two ordinary, true questions and one open door you could use in a setting you know well.

Which quiet, non-spoken interruption would suit you best, and why?

What would tell you that an interruption is not working, and what will you do next?

Record with care

Write your personal recording rule: when you would not record, how you would check permission ahead of time, and how you would ask whether a private copy would help.

How would you respond if a friend wanted to post a clip of a stranger being harassed?

After it ends

Write a short check-in you could say or write down after a tense moment.

What helps you settle after something stressful, and what kind of person could you talk it over with (no names needed)?

What signs would tell you to seek more support for yourself?

Looking back

Which of the six bystander choices feels most natural to you, and which one do you want to practise?

Picture a common situation where someone is treated badly in public, such as a rude customer at a counter (keep it general, with no real people's details). With what you know now, which low-risk options would be available?

What is one thing you will do this week to prepare, such as learning a workplace process, looking up hands-on training, or rehearsing a check-in line?

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