

5 Steps to Helping Someone in Need

A must-know Prejudice concept for psychology exams?

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The First Pause

Have you ever seen someone who might need help and felt unsure?

Maybe you thought,
“Someone else will help.”

That brief hesitation is where the helping journey starts.





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STEP 1:

Notice What's Happening

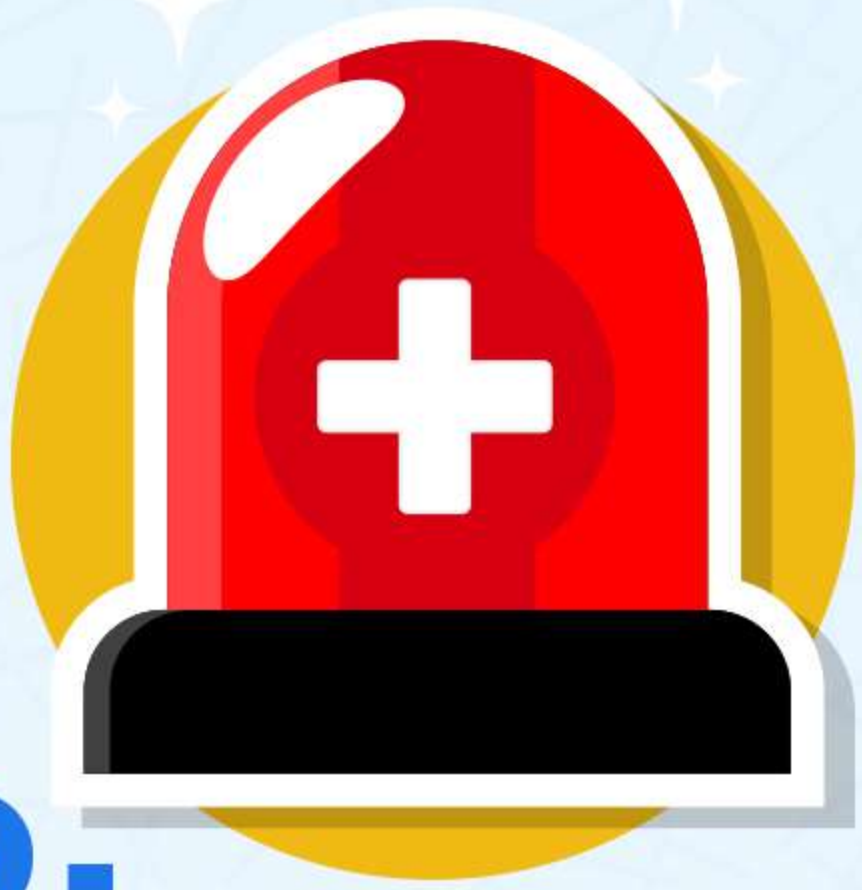
Helping begins with paying attention.

Crowds, noise, or phone screens can make us miss a person in trouble.

Stay aware of your surroundings.

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STEP 2:

See It as an Emergency

Even when we notice something, we might think, **“It’s not serious.”**

If everyone around looks calm, it’s easy to believe nothing’s wrong.

Trust your instincts—act if it seems urgent.

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STEP 3:

Take Responsibility

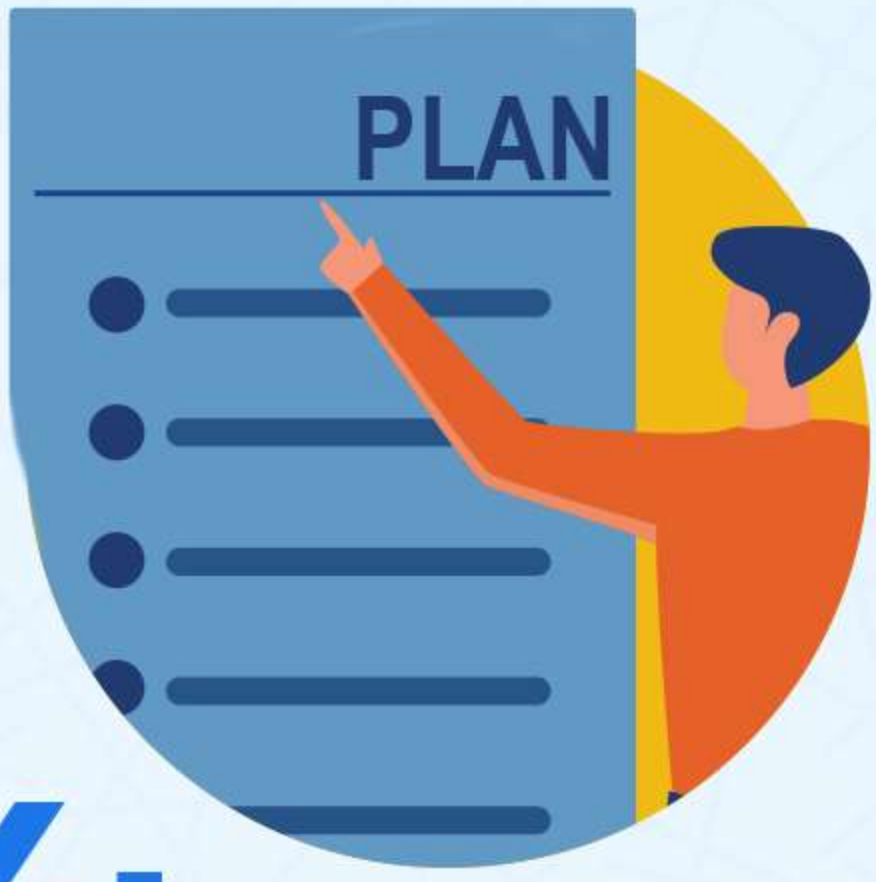
When many people are present, each person feels less responsible.

Remind yourself: **“I can help. I need to do something.”**

That thought breaks the bystander effect.

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STEP 4:

Know What to Do

Good intentions need a plan.

Call 112, give basic first aid, or stay with the person until help arrives.

Knowing simple steps builds confidence.

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STEP 5:

Decide and Act

Fear of making a mistake or looking awkward can stop you.

Take a breath, move forward—small actions matter more than perfect ones.

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From Bystander to Helper

Understanding these five steps saves lives.

Training, awareness campaigns, and quick thinking can turn hesitation into action.

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