

The IMPORTANCE of Being PROSOCIAL

The most effective teams in combat are those whose members fight not for themselves, but for their fellow Soldiers. Prosocial behavior, helping others when it doesn't clearly benefit you, is essential to high-performing, cohesive teams and society in general.



Here are the Steps to Channel Prosocial Behavior in Garrison and Day-to-Day:

Awareness – Recognize the alerts that someone might need your help. When you see or hear something that seems off, trust your instincts and confirm your observation.

Responsibility – When there is a need for help, take ownership. Don't wait on others to step up. Take action, even if it is to call in some one else to help.

Planning – Helping is easier when you have a plan. Anticipate frequent issues you encounter and plan what to do or who to call. Keep emergency numbers and unit contact info on hand.

By being more aware of when people need help, taking responsibility to provide help, and having a plan for how to help, you can become a more prosocial person that strengthens your Family, your unit, and your community.



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