AWARE Program in partnership with the Wyoming Liquor Division

GOALS FOR THIS TRAINING

• To educate, motivate, and empower students to take action in situations where help is needed.
• In other words…DO SOMETHING!
WHAT IS A BYSTANDER?

- A person who witnesses an event or incident but does not take part
- Bystander Effect
- Kitty Genovese

UW HAVEN SURVEY 2016

Bystander Intervention and Social Norms

<table>
<thead>
<tr>
<th></th>
<th>Perceived Norm</th>
<th>Actual Norm</th>
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<tbody>
<tr>
<td>Willingness to Intervene</td>
<td>60</td>
<td>80</td>
</tr>
<tr>
<td>Respect for someone who intervened</td>
<td>70</td>
<td>80</td>
</tr>
<tr>
<td>Comfort intervening when witnessing abusive behavior</td>
<td>50</td>
<td>60</td>
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</tbody>
</table>
KEY ELEMENTS

Assumption that most people want to do the right thing

TRUTHS

Most problems happen in group settings.

Friends are usually in a better position to do something.

You will be in a situation in which you can help in the future.
WHAT VARIABLES AFFECT HELPING?

- Individual
- Situational
- Victim

THE STEP UP! MODEL

1. Notice the event
   - At what point could you notice?
2. Interpret it as a problem/emergency
   - What are the red flags?
3. Assume Personal Responsibility
   - If not you, then who?
4. Know HOW to Help
   - What are DIRECT and INDIRECT ways to help?
5. STEP UP!
STEP ONE: NOTICE THE EVENT
AWARENESS TEST

STEP TWO: INTERPRET IT AS A PROBLEM
AMBIGUITY
STEP TWO: INTERPRET IT AS A PROBLEM

CONFORMITY

STEP THREE: ASSUME PERSONAL RESPONSIBILITY

If Not YOU, then WHO?
BARRIERS TO TAKING ACTION: SOCIAL INFLUENCE

- Being influenced by the external factors/external behaviors in a social situation.

BARRIERS TO TAKING ACTION: FEAR OF EMBARRASSMENT

- Not wanting to call attention to yourself or be singled out by being the one to speak up.

"Refuse to let the 1% of haters out there stop you from doing good for the 99% of the rest of the world who needs you."

~ Heather E. Wilson

heathervisioninternational.com
BARRIERS TAKING ACTION: DIFFUSION OF RESPONSIBILITY

• Believing that someone else will do something.

BARRIERS TO TAKING ACTION: FEAR OF RETALIATION

• Being afraid of emotional or physical harm that may come as a result of speaking up.
BARRIERS TO TAKING ACTION: PLURALISTIC IGNORANCE

• Thinking you must be the only one feeling this way

STEP FOUR: KNOW HOW TO HELP
THE THREE D’S: DIRECT, DISTRACT, DELEGATE

• Every situation is different and can be complex
• Direct confrontation is NOT the only way to intervene
• Discuss strategies with friends so that the effort is concerted if a problem arises

SNACK MAN
STEP FIVE: STEP UP!

- Consider the costs of NOT intervening
- What would want someone to do for you?
- Perspective Taking
- Value Based Decisions
AFTER ALL YOU’VE DONE TO GET HERE....

why take a chance of losing it all?

CAMPUS RESOURCES

• UW Police Department
• Student Health Services
• University Counseling Center
• STOP Violence
• Wellness Center
• AWARE Program
• Guidebook App available in Apple and Google Play Stores
• Resource Fair Tomorrow