





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


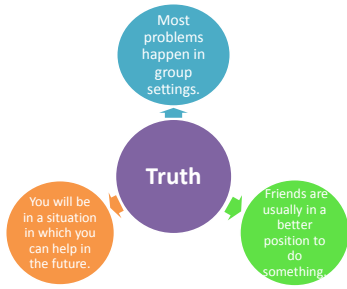

Category	Perceived Norm	Actual Norm
WILLINGNESS TO INTERVENE	53	79
RESPECT FOR SOMEONE WHO INTERVENED	78	87
COMFORT INTERVENING WHEN WITNESSING ABUSIVE BEHAVIOR	54	74



Key Elements

Assumption that most people want to do the right thing

Now judgments



INDIVIDUAL LEADERSHIP



SHARED RESPONSIBILITY



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A Question...

- <https://www.youtube.com/watch?v=KlvGiwLcIuw>

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What variables affect helping?

- Individual
- Situational
- Victim



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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!**

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Step one: NOTICE THE EVENT


AWARENESS TEST



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STEP TWO: Interpret it as a problem

Ambiguity



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Step Two: Interpret it as a problem Conformity

- <https://www.youtube.com/watch?v=o8BkzvP19v4>

STEP three: assume personal responsibility



Barriers to taking action

- Social Influence
- Fear of Embarrassment
- Diffusion of Responsibility
- Fear of Retaliation
- Pluralistic Ignorance



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 shared if a problem arises

How to Intervene using the 3 D's

Direct Directly intervening, in the moment, to prevent a problem situation from happening.

Distract Interrupting the situation without directly confronting the offender. You divert attention away from the situation.


Delegate Seeking help from another individual such as a friend, supervisor, colleague, police officer or any individual you feel can help.

Snack man

- https://drive.google.com/file/d/0B_72hNMgGNY-TFZhWXAYMUI3blE/view


The S.E.E. Model

- Safe Responding
- Early Intervention
- Effective Helping




Emergency Helping

- Stay calm
- Gather info
- Consider options – direct and/or indirect
- Provide support but do not become enmeshed
- Know your limits – walk away if it's unsafe!




Non emergency helping

- Consider *frequency, duration and severity*
- Define the problem and the barriers
- Determine the goal; Develop a game plan
- Set boundaries – don't enable
- Maintain respect
- Consider options; Know referrals




Friends Helping Friends

- I care
- I see
- I feel
- I wonder
- I will



Adapted from BACCHUS Network's Certified Peer Educator Training



Know your intervention style:

- **Shark:** dominant, leader, results-oriented
- **Fox:** influential, social, people-oriented
- **Bear:** steady, consistent, team/process-oriented
- **Turtle:** conscientious, systematic, detail-oriented








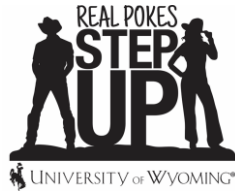
Know your intervention Style: Owl

- HOLISTIC AND SITUATION ORIENTED
- All styles can be an owl by best using their strengths to respond appropriately and effectively to the situation




Step five: STEP UP!

- Consider the costs of NOT intervening
- Empathy
- Perspective Taking
- Value-based Decisions



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Let's practice!

SCENARIO:

You are at a party. During the past hour you notice Jaime has been talking to Casey and they seem to be having a good time but it is clear that Casey has had too much to drink. At one point Jaime walks by you and you hear them say they are just going to get Casey "one more" and "that should be enough." A few minutes later you see Jaime put their arm around Casey and start to lead them upstairs. What do you do?



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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



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Thank you!

- For more information please contact AWARE at aware@uwyo.edu



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