

BE the
ONE

TAKE A STAND TO END VIOLENCE

WELCOME

to the
Training

**Bystander
Intervention
Training**

WV INTERCOLLEGIATE COUNCIL
AGAINST SEXUAL VIOLENCE
2021





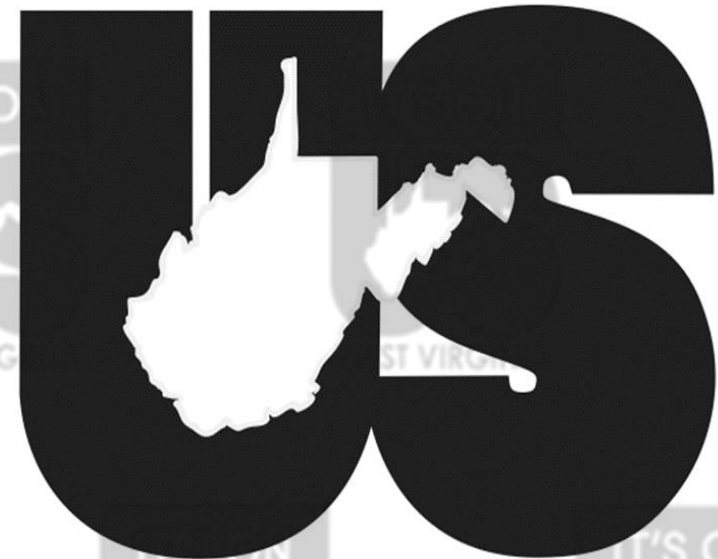
ABOUT THE TRAINING CONTENT



Bystander Intervention

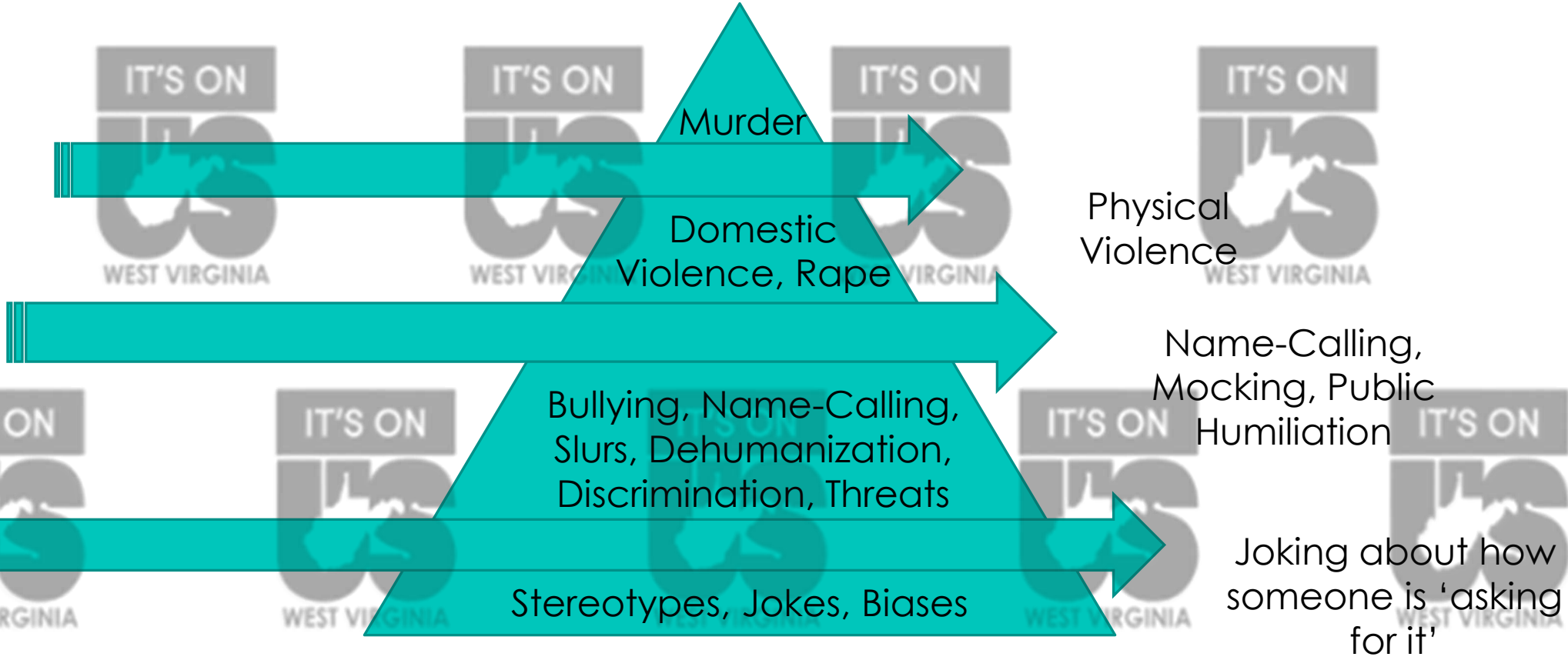
- **Identify Red Flag Behaviors**
- **Identify Motivations and Barriers to Intervening**
- **Identify Bystander Intervention Strategies**
- **Develop Skills to Implement Bystander Intervention Strategies**

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Continuum of Behaviors



Common Behaviors Within a Relationship

Texting all day, every day

Showing up where the person is

Tracking status on social media

Calling someone all the time

Giving gifts

Stalking Behaviors Within a Relationship

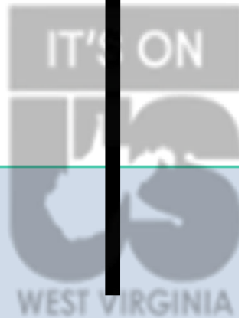
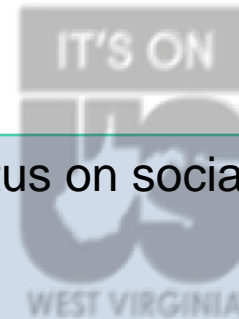
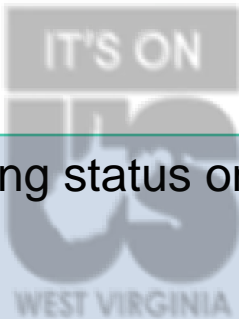
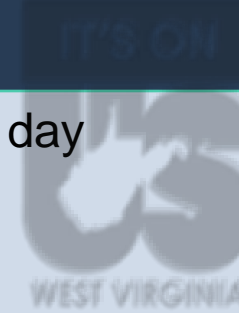
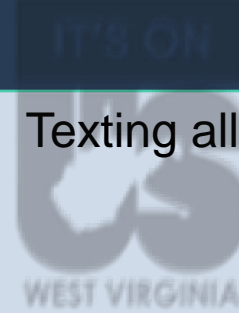
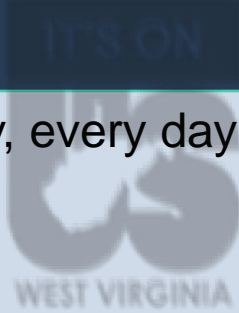
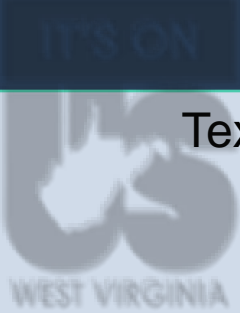
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Showing up where the person is

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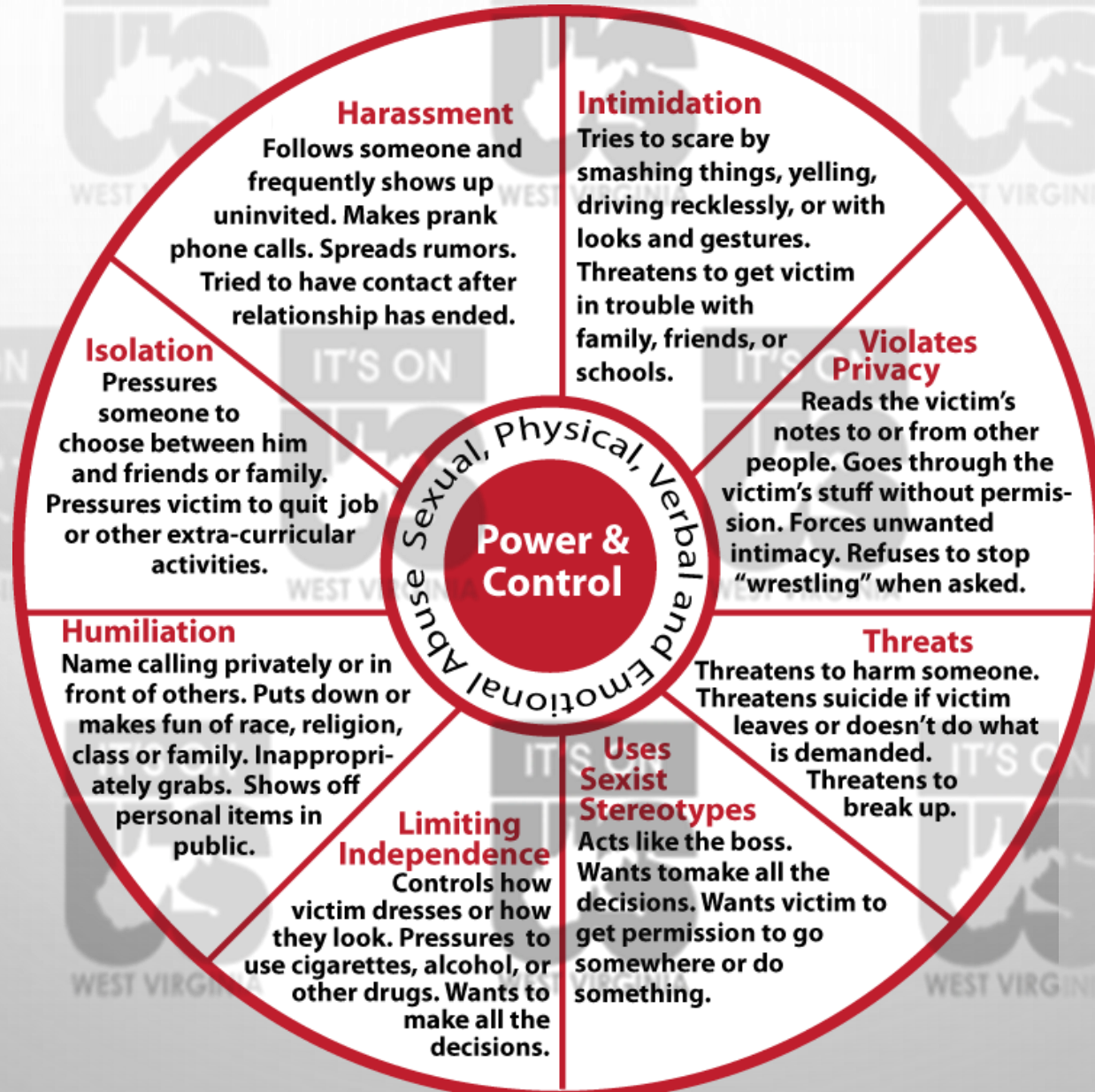


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RECOGNIZING PARTNER/DATING ABUSE



Common Behaviors Within a Relationship

Feeling jealous and possessive

Wanting to be with the person all the time

Spending less time with friends and family

Checking in frequently to see where partner is

Abusive Partner Behaviors

Feeling jealous and possessive

Wanting to be with the person all the time

Spending less time with friends and family

Checking in frequently to see where partner is

Common Behaviors within a Consensual Hookup

Identifies someone they think they can score with

Turns on the charm and tries to get the person to like them

Buys the person a few drinks

Uses some cheesy line like, "your place or mine?"

Sexual contact occurs

Common Behaviors that Could Lead to Sexual Assault

Identifies someone they think they can score with

Turns on the charm and tries to get the person to like them

Buys the person a few drinks

Uses some cheesy line like, "your place or mine?"

Sexual contact occurs

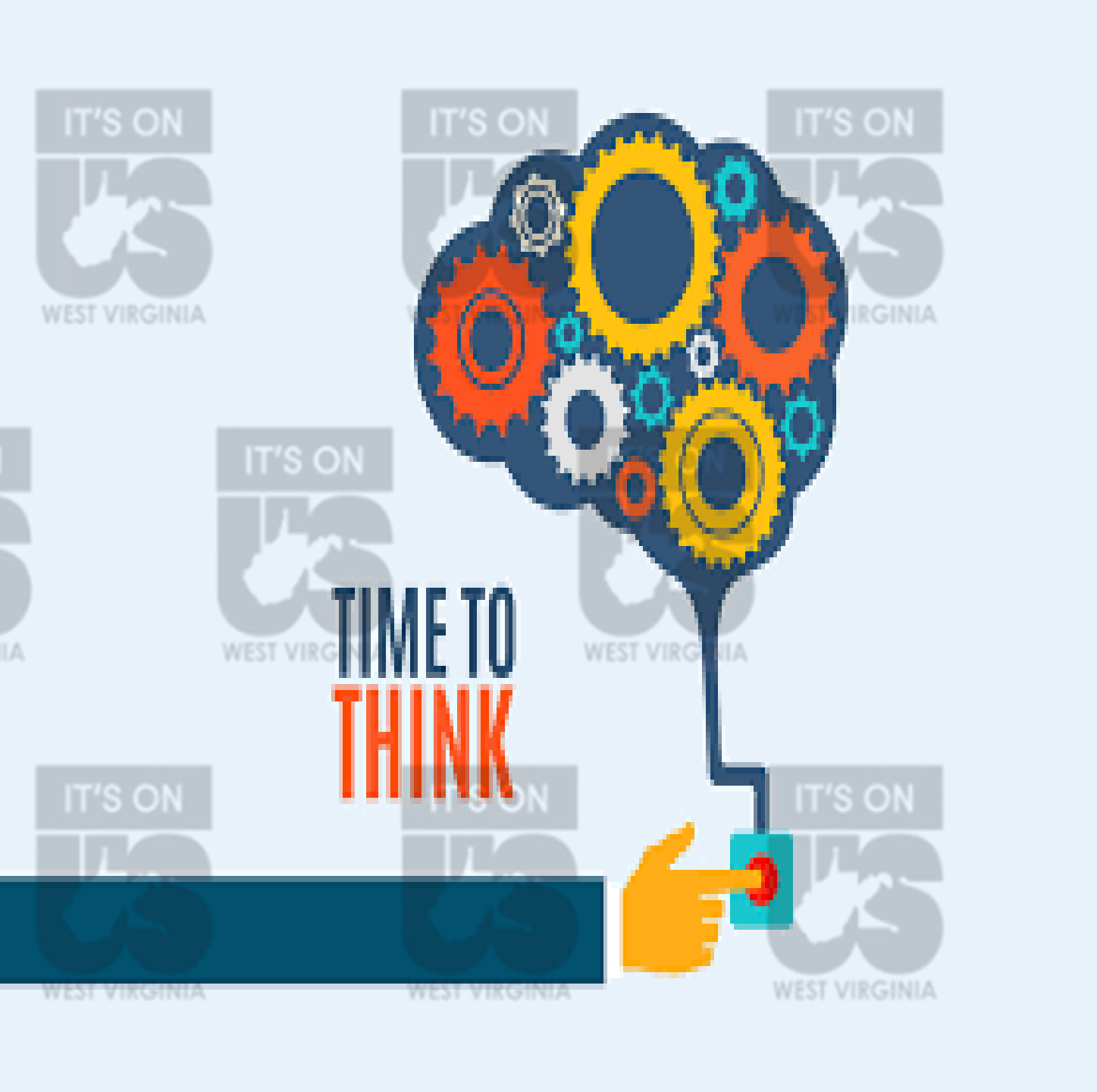
Lack of Consent

- No
- Not into it
- Pulling away
- Intoxicated
- Coerced
- Forced
- Person is unconscious



Introspection

Recognizing Behaviors



Bystander Intervention Defined

What is a Bystander?

A bystander, or witness, is someone who sees or hears a potentially harmful situation but might not know what to do, think others will act, or be afraid to do something.

What is an Active Bystander?

An individual who addresses the behaviors of others before, during, or after a harmful or potentially harmful situation has happened.



An Active Bystander

- Acknowledges that everybody has a role to play
- Understands that bystander intervention affects more than just the potential victim and perpetrator, but the entire community
- Creates a culture of respect and responsibility





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Self-Care

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Take breaks.

Know your limits.

Be mindful of your own triggers.



Breakout Activity



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- **Group 1 - A scenario that you did intervene in**



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- **Group 2 - A scenario that you didn't intervene in**

- **Group 3 - A scenario where you saw someone else intervene**



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**Motivations:
We All Have Them!**

- Empathy
- Situation Is Escalating
- Others Seem Concerned
- Similarity



Barriers: We All Have Them!



○ Don't Know How

○ Nobody Else Is

○ It's none of my business

○ I'm shy/I can't stand confronting people

○ I'm concerned for my own safety

○ I'm not sure what the right thing to do is

○ I would be embarrassed if they didn't need help

WHAT IS THE BY-STANDER EFFECT?



I'M TOO BUSY
RIGHT NOW

I'M SURE SOMEONE
ALREADY CALLED 911

I'M SURE
THEY'RE FINE



HELP!



#DOSOMETHING

PROBABLY
JUST DRUNK



I DON'T WANT TO
GET INVOLVED



I DON'T WANT
TO BE LATE



IT'S NOT MY
BUSINESS





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Motivation for Intervening: Empathy

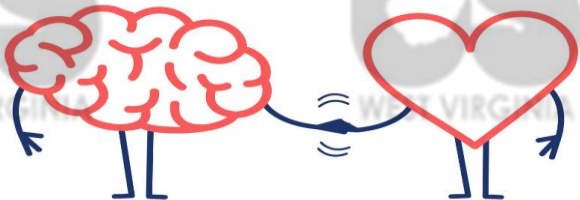
POWER OF EMPATHY:

I'M IN IT WITH YOU.

I'M NOT HERE TO FIX YOU.

I'M NOT HERE TO FEEL IT FOR YOU.

I'M HERE TO FEEL WITH YOU AND LET YOU KNOW YOU'RE NOT ALONE.



Empathy is just like any other skill: the more we practice it, the stronger it gets.

- How can we practice empathy?
- What's the opposite of empathy?
 - Solving the problem
 - Unsolicited advice
 - Dismissing feelings
 - Sarcasm



More Likely to Intervene If:

- You've seen someone you admire intervene in a similar situation

Bystander Intervention Research

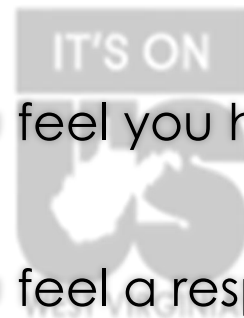
- You're asked to

- It's a small group

- You recognize the situation as harmful or potentially harmful

- You feel you have the skills to

- You feel a responsibility to do so



Bystander Intervention Strategies: The 3 Ds

- **Direct**
 - **Directly intervene in the situation by interacting with the individuals**
- **Distract**
 - **Insert yourself into the interaction to help the targeted person get out of the situation**
- **Delegate**
 - **Get support from people around you by asking others to help**
 - **Who are some examples of people you could delegate to?**
 - **Friend**
 - **RA**
 - **Coach**
 - **Campus police or security**
 - **Faculty or staff**
 - **Bartender**

Identification to Action

Notice the Event

Situation Demands Action

Responsibility to Act

Choose the Action

Implement Choice Safely



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Bystander Intervention

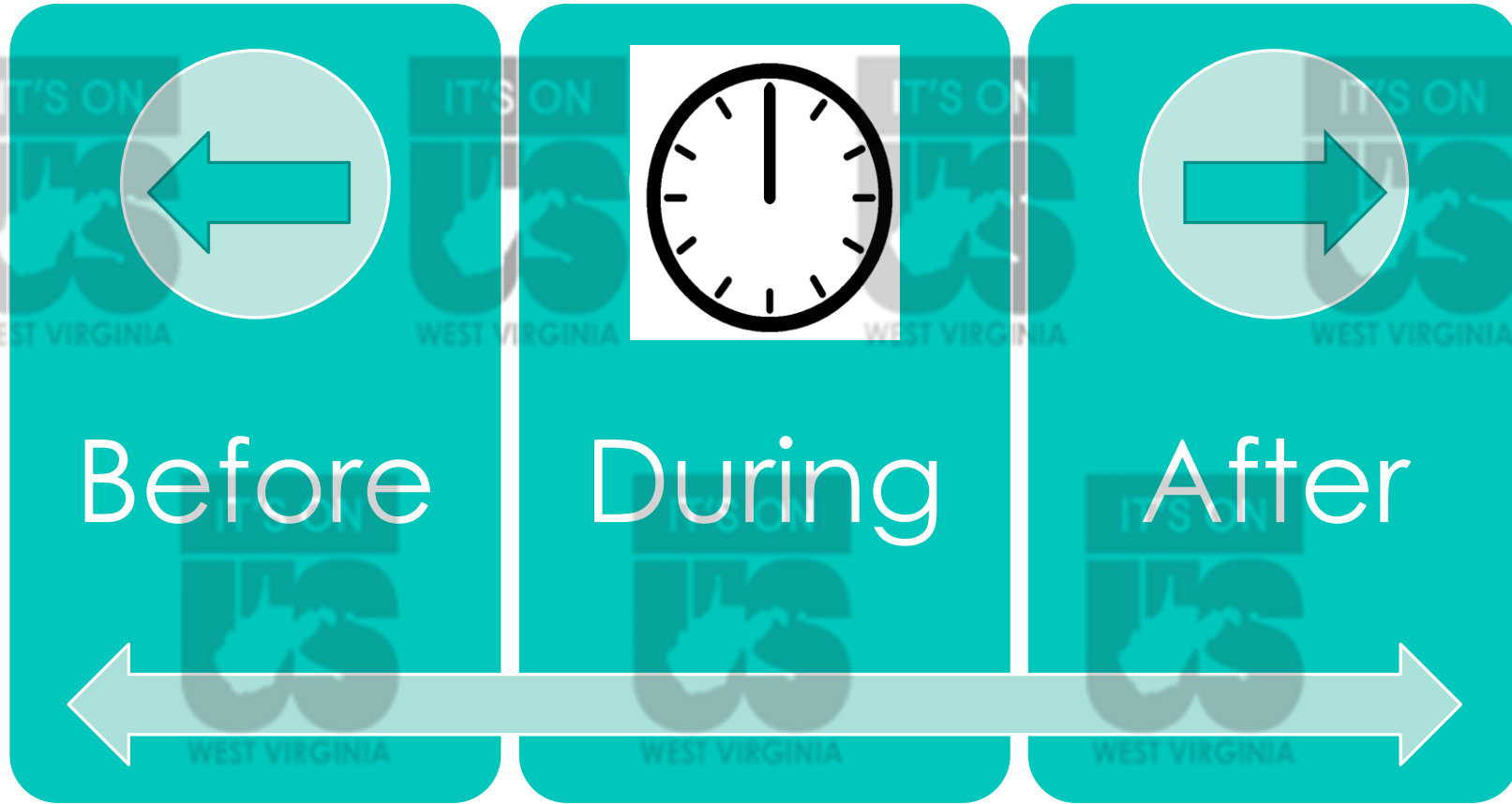
Address behaviors **BEFORE** violence happens.



it starts with **you.**

- Identify high risk behaviors
- Understand your barriers
- Identify realistic solutions for yourself

Identifying Active Bystanders & Strategies





Vlad Discussion

At what point was Vlad an active bystander?

What strategy did Vlad use?

What were his motivations for intervening?

What were his barriers to intervening?



Active Bystander: After

- Listen without judgement or blame
- Ask how you can be helpful
- Offer to sit with the victim while they utilize a resource or make a report
- Support their decisions
- Respect their confidentiality



Carly Discussion

At what point was Carly an active bystander?

What strategy did Carly use?

What were her motivations for helping?

What were her barriers in helping?



Key Takeaways

- **Recognize** that sexual assault, intimate partner violence, and stalking are real problems experienced by many college students.
- **Recognize** the warning signs of violence, as well as the red flags that are precursors to it. If you notice something, or someone tells you about their experience, take it seriously.
- **Trust your instincts**; if something or someone makes you uncomfortable, say or do something.
- **Watch out for each other** - if you see someone who looks like they're in trouble, ask if they're ok.
- **Speak up** if you see something offensive or abusive. **Encourage respect.**
- If immediate safety of yourself or others is an issue, you can decide to leave the situation and seek outside help – **that's still bystander intervention!**

Campus and Community Resources



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1021 Quarrier Street, Suite 414, Charleston, WV 25301

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1.800.656.HOPE

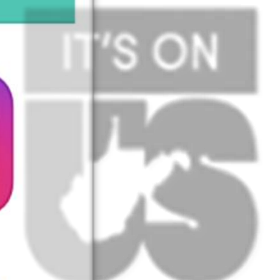
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