2019
APPLE
Now, or in the past, I have known someone whose health and/or emotions were affected because of...

- Drinking
- Hazing
- Sexual Assault/Domestic Violence/Harassment/Stalking
- Discrimination (race, gender identity, sexual orientation, etc.)
- Depression or other mental health issues
- Disordered Eating
- Anger/Physical confrontation
- None of the above
Could a problem have been avoided if someone intervened?
Whose responsibility is it to intervene?
Individual Leadership

DO SOMETHING!

Shared Responsibility
THE BYSTANDER EFFECT

People are less likely to help when they are in a group than when they are alone.
Bystanders and the Science of Empathy
Diffusion of Responsibility: The larger the crowd, the less likely someone gets...
Conformity:
We follow what others do
Unclear Situations

☐ YES
☐ NO
☐ MAYBE
Obedience to Authority:
Not trusting yourself
Willful Neglect: Choosing to ignore
Social and Cultural Identities
From Passive to Active

5 Steps to Intervention
The Step UP! Model

1. Notice the Event
2. Know if it is a problem
3. Decide it’s your responsibility to help
4. Know how to help
5. Implement the help – Step UP!
1. Notice the Event
2. Know if it’s a problem
3. Decide it’s your responsibility to help

IF NOT YOU, THEN WHO?
4. Know How to Help
The 5 Ds

- Direct
- Distract
- Delegate
- Delay
- Document

Source: Southern Poverty Law Center
Distract: Do the Opposite!

WHAT SHOULD YOU DO IF YOU WITNESS ISLAMOPHOBIC HARASSMENT?

This Cartoon Totally Nails What You Should Do If You See Islam...
5. Step UP!
STUDENT WHO HELPED SAVE RAPE VICTIM ON THE RECORD
The S.E.E.K. Model

Safe
Early
Effective
Kind
Perspective
What do you see?
DJ Jay Smooth: What people *say* vs. who they *are*
Small group activity!
You are on social media and see some of your organization’s posts on a closed site about upcoming “initiation,” as well as pictures from last year. You’re not comfortable with what they are planning. You want to say something but you’re not sure it will make a difference.

• What could you do?
• What might be the risks?
• What might be the benefits?
Why students DO help

#1 reason: It's the right thing to do
Each of us CAN make a difference
Easy to access resources for facilitators and students.

MAKE A DIFFERENCE

Step UP! is used by athletics, Greek life, student affairs, campus health, violence prevention centers, residence life and many others.

LEARN MORE  CONTACT US