Adapted with permission from:

Step UP!
A Pro-Social Behavior/Bystander Intervention program

created by Becky Bell, University of Arizona, in partnership with the NCAA, University of California - Riverside and U.Va.
Step-Up! increases your ability to intervene in situations that threaten a person’s safety and well-being.

- **Recognize**
  - What is the Bystander Effect?

- **React**
  - How can I be an active bystander?

- **Respect**
  - How can we create a culture of shared responsibility?
I have witnessed a situation, at least once, where someone’s health and safety were in danger.

• Drinking too much
• Hazing
• Being taken advantage of sexually
• Discrimination (racial, sexual orientation, etc.)
• Physical endangerment

• None of the above?
Could a problem have been avoided if someone intervened?
Whose responsibility is it to Step Up?
Students Believe Intervention Can Help
BYSTANDER EFFECT:
People are less likely to offer help when they are in a group than when they are alone.
Did anything in the video surprise you?
What do you think you would have done?
Why do only **20%** of people intervene when they are in a group?
Bystanders assume nothing is wrong because no one else looks concerned.

I’m the only sheep who has no clue where we’re going

#1 reason students don’t act in hazing situations
Diffusion of Responsibility

Bystanders assume that someone else is better equipped to handle the situation.
Ambiguity

Difficulty identifying problems and emergencies.

#1 reason students don’t act in alcohol situations
What do you see?

Difference in Perspective
Obedience to Authority

Deferring to positions of power.
Passive to Active:
5 Stages to Intervention

How can I be an active bystander?
Bystander Theory

- Notice the Event
- Interpret Event as a Problem or Emergency
- Assume Personal Responsibility
- Know How to Help
- Implement the Help
1. Notice the Event
2. Interpret Event as a Problem or Emergency
3. Assume Personal Responsibility
#1 reason students don’t act when someone was being taken advantage of sexually
5. Implement the Help
## Considerations for Intervention

<table>
<thead>
<tr>
<th>INCENTIVES</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>All community members play a role in keeping people safe.</td>
<td>78%</td>
<td>85%</td>
</tr>
<tr>
<td>I like thinking of myself as a helper.</td>
<td>77%</td>
<td>89%</td>
</tr>
<tr>
<td>Teammates will look up to me if I intervene.</td>
<td>59%</td>
<td>57%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DRAWBACKS</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>I could get physically hurt by intervening.</td>
<td>45%</td>
<td>40%</td>
</tr>
<tr>
<td>Intervening might make my teammates angry with me.</td>
<td>43%</td>
<td>41%</td>
</tr>
<tr>
<td>People might think I’m overreacting to the situation.</td>
<td>40%</td>
<td>37%</td>
</tr>
<tr>
<td>Sometimes it’s just too much trouble to intervene.</td>
<td>37%</td>
<td>29%</td>
</tr>
<tr>
<td>I could get in trouble if I intervene.</td>
<td>37%</td>
<td>32%</td>
</tr>
</tbody>
</table>

*2013 NCAA National Study of Substance Use Habits of College Student-Athletes*
### Willingness to Intervene

<table>
<thead>
<tr>
<th>% Likely/Extremely Likely to do the following...</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accompany a teammate home if he/she has had a lot to drink.</td>
<td>87%</td>
<td>93%</td>
</tr>
<tr>
<td>Stop a teammate from driving if drinking.</td>
<td>81%</td>
<td>93%</td>
</tr>
<tr>
<td>Step in to stop a fight if someone threatens a teammate.</td>
<td>82%</td>
<td>74%</td>
</tr>
<tr>
<td>Walk away from a confrontation.</td>
<td>58%</td>
<td>74%</td>
</tr>
<tr>
<td>Get in a fight if the situation calls for it.</td>
<td>50%</td>
<td>19%</td>
</tr>
<tr>
<td>Confront a teammate if he/she is treating partner inappropriately.</td>
<td>59%</td>
<td>47%</td>
</tr>
<tr>
<td>Intervene in a situation if it could lead to inappropriate sexual behavior.</td>
<td>63%</td>
<td>71%</td>
</tr>
</tbody>
</table>
Reasons Students Did Intervene

- Right thing to do
- We should look out for each other
- I would want help
- Someone needed help
- Prevent escalation
- Helping makes me feel good
- Preserve my group’s reputation
- Keep a friend out of trouble

INDIVIDUAL LEADERSHIP

SHARED RESPONSIBILITY
Simply understanding bystander intervention makes you more likely to intervene.
S.E.E. the path to helping

• Safe

• Early

• Effective

#1 reason students didn’t act when they witnessed harassment
Friends helping friends: The 5 Point Formula*

1. I care
2. I see
3. I feel
4. I wonder
5. I will

*Source: The BACCHUS Network’s Certified Peer Educator Training
Scenario 1

You are at a party. During the past hour you notice that your friend Chris has been talking to one of your friends, Sam. They seem to be having a good time but it is clear that Chris has had too much to drink. At one point you overhear Sam say, “I’m just going to get Chris ‘one more.’” A few minutes later you see Sam put an arm around Chris and start to lead Chris upstairs.

• What issues are ambiguous in this scenario?
• What is the goal of a bystander intervention in this situation?
• What are some direct and indirect ways to help?
Respect

How can we create a culture of shared responsibility?
Each one of us CAN make a difference
Step UP! Train the Trainer National Conference
(May 16th & 17th, 2016)**

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• Adelphi College
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• Cal State Stanislaus
• California University of Pennsylvania
• Carson Newman University
• Chestnut Hill College
• Clayton State University
• East Central University
• East Stroudsburg University
• Emporia State University
• Fort Hays State University
• Fort Valley State University
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• Humboldt State University
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• Lewis University
• Lincoln University
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• Metropolitan State College of Denver
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• Minot State University
• Mississippi College
• Missouri University of Science & Technology
• Missouri Western State University
• Montana State University Billings
• Northern State University
• Northwest Nazarene University
• Pace University
• Quincy University
• Regis University
• Rollins College
• Saginaw Valley State University
• Saint Joseph’s College
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• University of Southern Indiana
• University of West Florida
• Upper Iowa University
• Virginia State University
• West Chester University
• Western State Colorado University
• Western Washington University
• Wingate University
HAVE YOU EVER BEEN CONCERNED ABOUT A SITUATION...