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**Bystander interventions for  
difficult situations**



# Objectives

- **Introduction to bystander intervention model**
- **Discuss steps to identify & assess situations**
- **Teach bystander intervention skills**
- **Review bystander intervention initiatives**

# Traditional Strategies

- Focused on education and attitudes
  - Risk reduction
  - Mandatory education
  - Providing information & correcting myths
  - Victim advocacy
- Problem focused (victim & perpetrator)

# Current Strategies

- Social norms theory
  - Pluralistic ignorance
  - False consensus
- Community norms change
- Bystander approach

# Bystander Approach



Provide options for interventions across numerous situations

# Bystander Approach

- Gives all community members a specific role in prevention:
  - Safely confront & intervene
  - Engage in helpful & positive reactions
  - Speak out against unhealthy social norms
  - Be an effective & supportive ally

# Bystander Approach Research

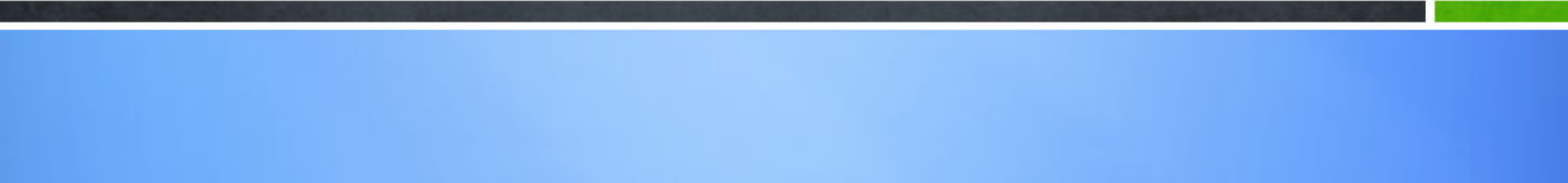
- Decreasing victim blaming & rape myth acceptance
- Increasing knowledge of sexual violence
- Increasing bystander confidence
- Increasing prosocial bystander behaviors
- Increasing prosocial bystander attitudes
- Recognizing rape supportive behaviors & culture

# Effective Workshop Content

- information about prevalence, causes, consequences of sexual assault
- discussion of gender socialization
- discussion of sexual assault myths and facts
- teaching skills to support a survivor
- teaching bystander intervention strategies using active learning strategies (i.e. scenarios and role plays)



**What types of situations or behaviors could you use this approach?**



# Conduct



# Bystander Interventions

Notice the Event



Interpret it as a problem



Feel responsible for helping



Have the necessary skills



Perform intervention

# Intervene

## Direct

(to the offender)

- During the incident

- After the incident

- Confrontation/limit setting
- Change the focus
- Change the person  
(shifting attitudes)

## Indirect

(to the other bystanders)

- Assess norm
- Engage allies & bystanders
- Develop support for next step


- Talk to others present
- Take care of yourself
- Assess causes
- Learn skills
- Prepare a response
- Offer support to the victim

# Interventions Strategies

- **Direct Intervention**
- **Provide Information**
- **Clarification**
- **Bring It Home**
- **I Statements**
- **Humor**
- **Group Intervention**
- **Distraction**
- **We're Friends, right?**
- **Strike when the iron is cold**
- **Support the Survivor**
- **Get help**
- **Nonverbal**

# Interventions





**Can you think of a time when you wanted to intervene but didn't? What about times you did intervene?**

**Have you ever seen a really good intervention? Do you have a “go to” response?**



# Motivation



# Men's Anti-Violence Council

**MAC**  
men's anti-violence council



Center for  
Violence  
Prevention

MVP

Iowa M.A.N

White Ribbon

nFormd

ON IOWA!



NFORMD

**ON IOWA!**



**How could this information be applied to your current work?**