

COLLEGE EDITION



Bringing in the Bystander®

A Prevention Workshop for Establishing a Culture of Responsibility and Respect

**BOSTON
UNIVERSITY**



Soteria Solutions™

Program Adapted for Boston University with permission from Soteria Solutions.

GROUP BRAINSTORM

Bystander



WHAT IS A BYSTANDER?

POSITIVE OR NEGATIVE?

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BRINGING IN THE BYSTANDER

Definitions



BYSTANDER

Individuals who witness emergencies, harmful events, or situations that could lead to harmful events and by their presence may have the opportunity to provide assistance, do nothing, or contribute to the harm.



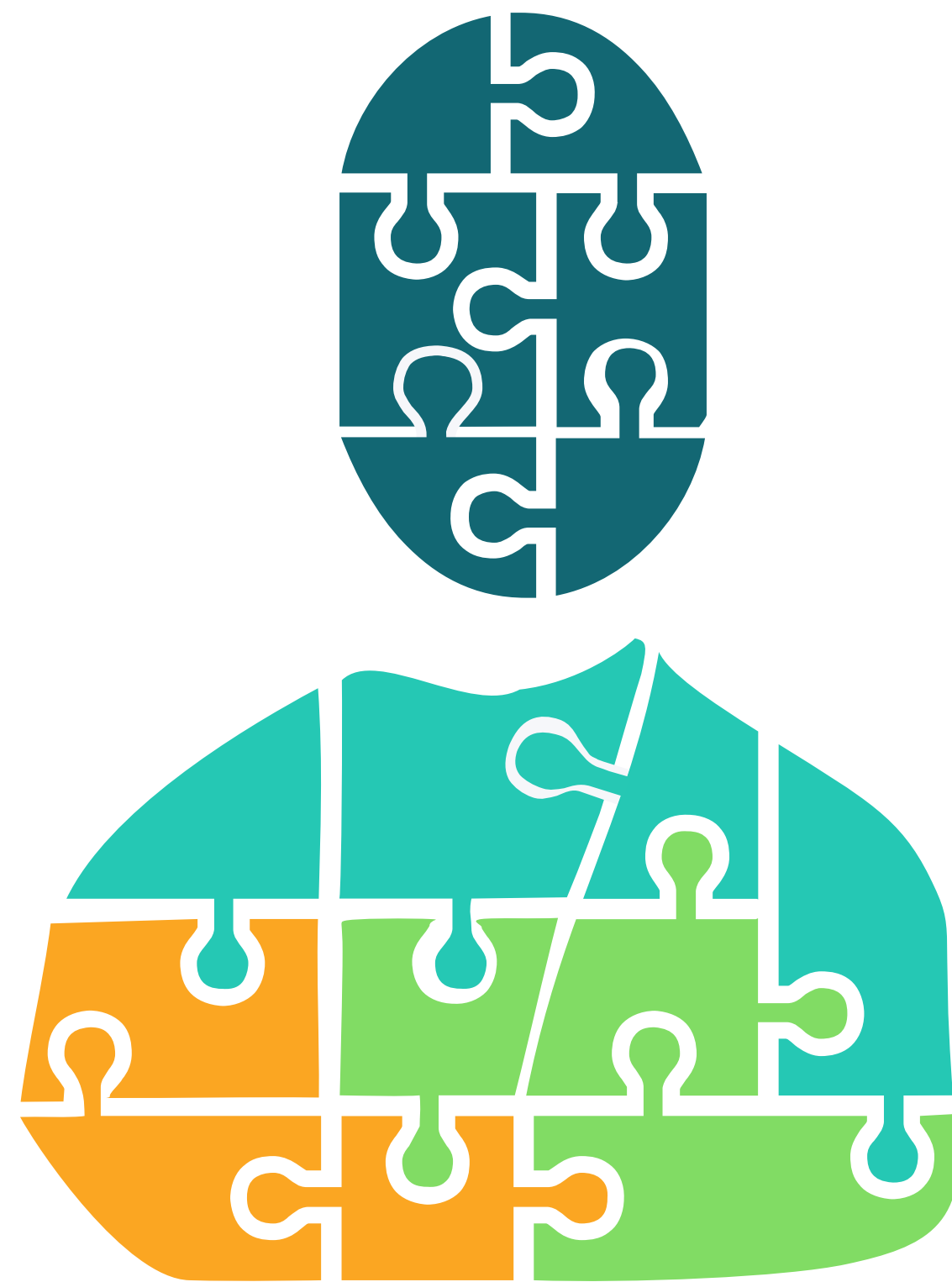
PROSOCIAL BYSTANDER

Individuals who intervene to positively impact a harmful or potentially harmful situation.



A PROSOCIAL Bystander Model

...



01

DOES NOT TARGET POTENTIAL VICTIMS

02

DOES NOT TARGET POTENTIAL
PERPETRATORS

03

EFFORTS TARGET ENTIRE COMMUNITY

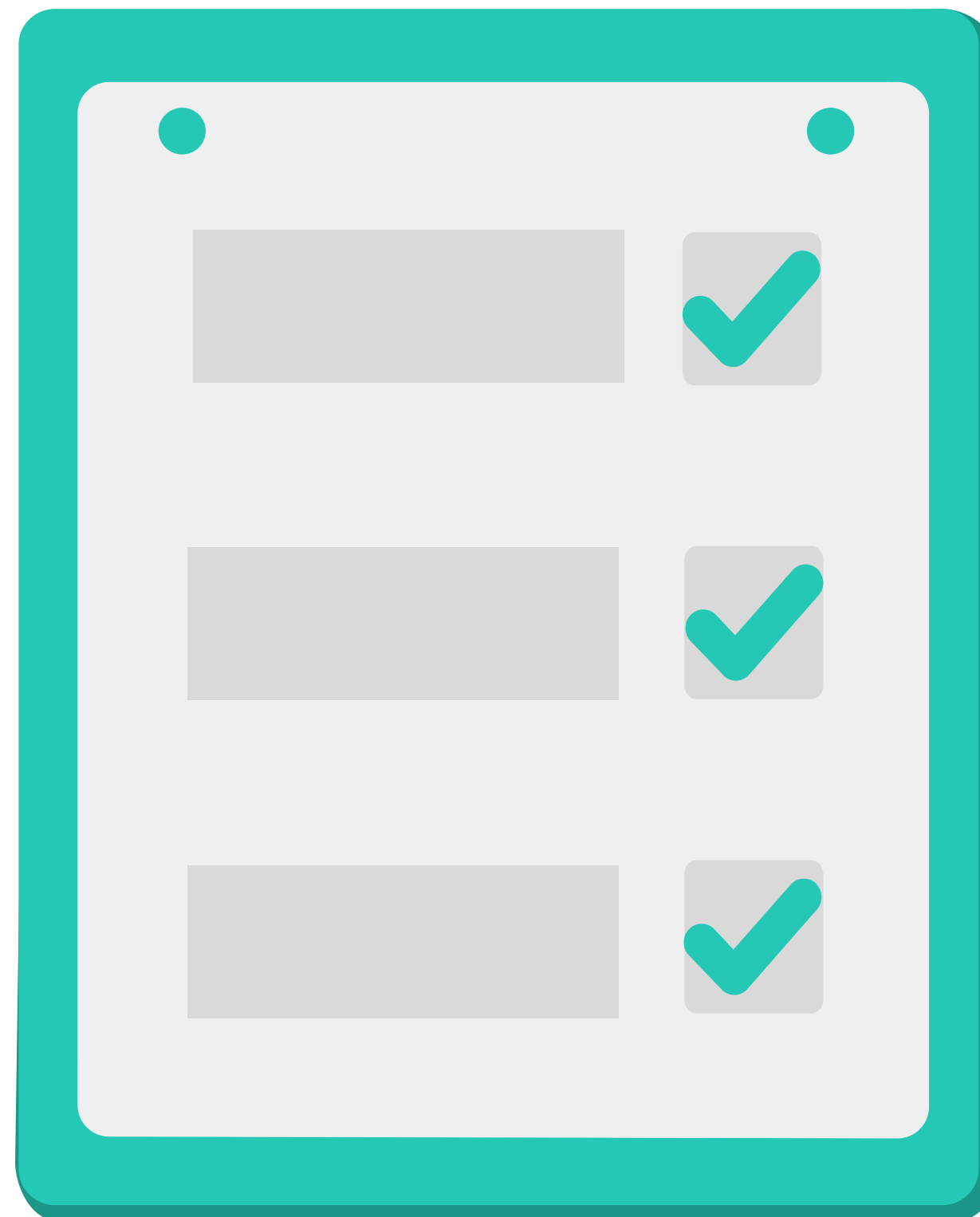
04

EVERYONE HAS A ROLE TO PLAY

SMALL GROUP ACTIVITY

Think of Examples

...



- 01 WHEN YOU WERE ABLE TO INTERVENE, AND WHY
- 02 WHEN YOU DID NOT INTERVENE, AND WHY
- 03 YOU SAW SOMEONE ELSE INTERVENE, AND WHY YOU THINK THEY DID

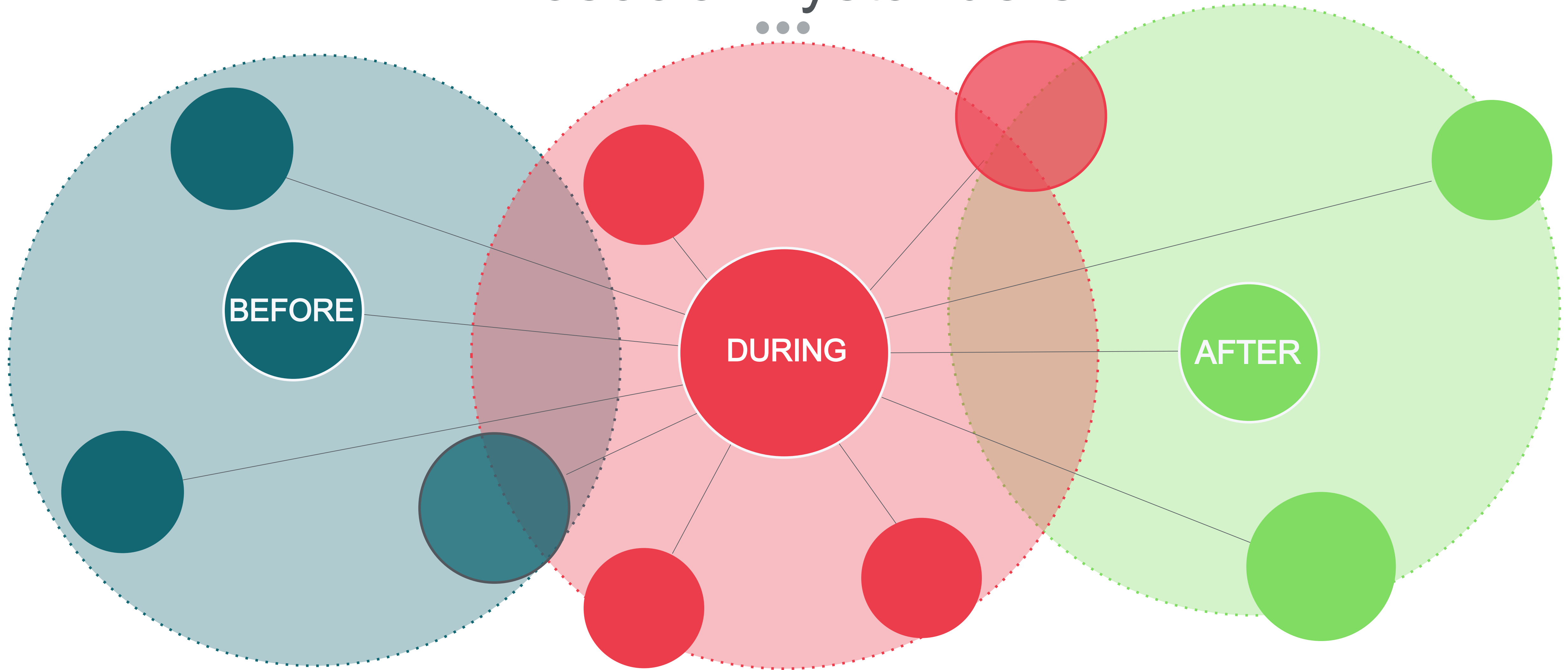
EXAMPLES DO NOT NEED TO BE RELATED TO SEXUAL ASSAULT OR
RELATIONSHIP VIOLENCE

A photograph of Stoke Hall, a large, multi-story building with a central tower and wings, set in a winter scene with snow on the ground and bare trees. A large, semi-transparent blue circle is overlaid on the image, framing the text. The text "STOKE HALL" is written in a large, white, sans-serif font across the center of the circle.

STOKE HALL

WHO ARE THE POTENTIAL Prosocial Bystanders?

...



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EFFECTIVE BYSTANDERS

Research Confirms

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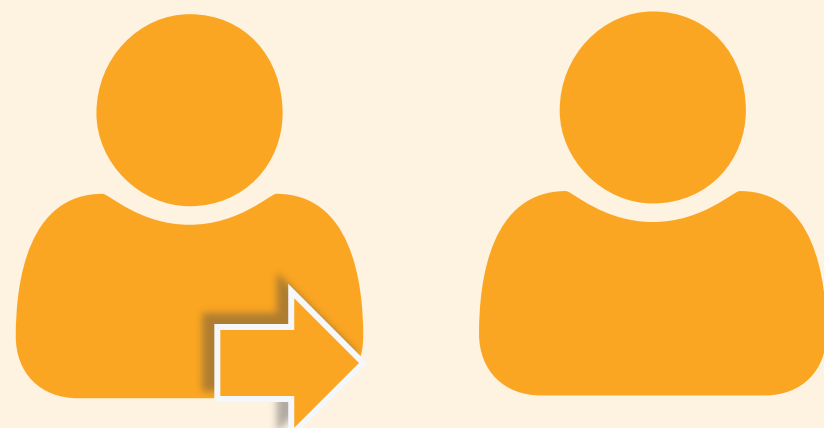
Recognize Situation¹



Being Asked²



Role Models³



Group Size⁴

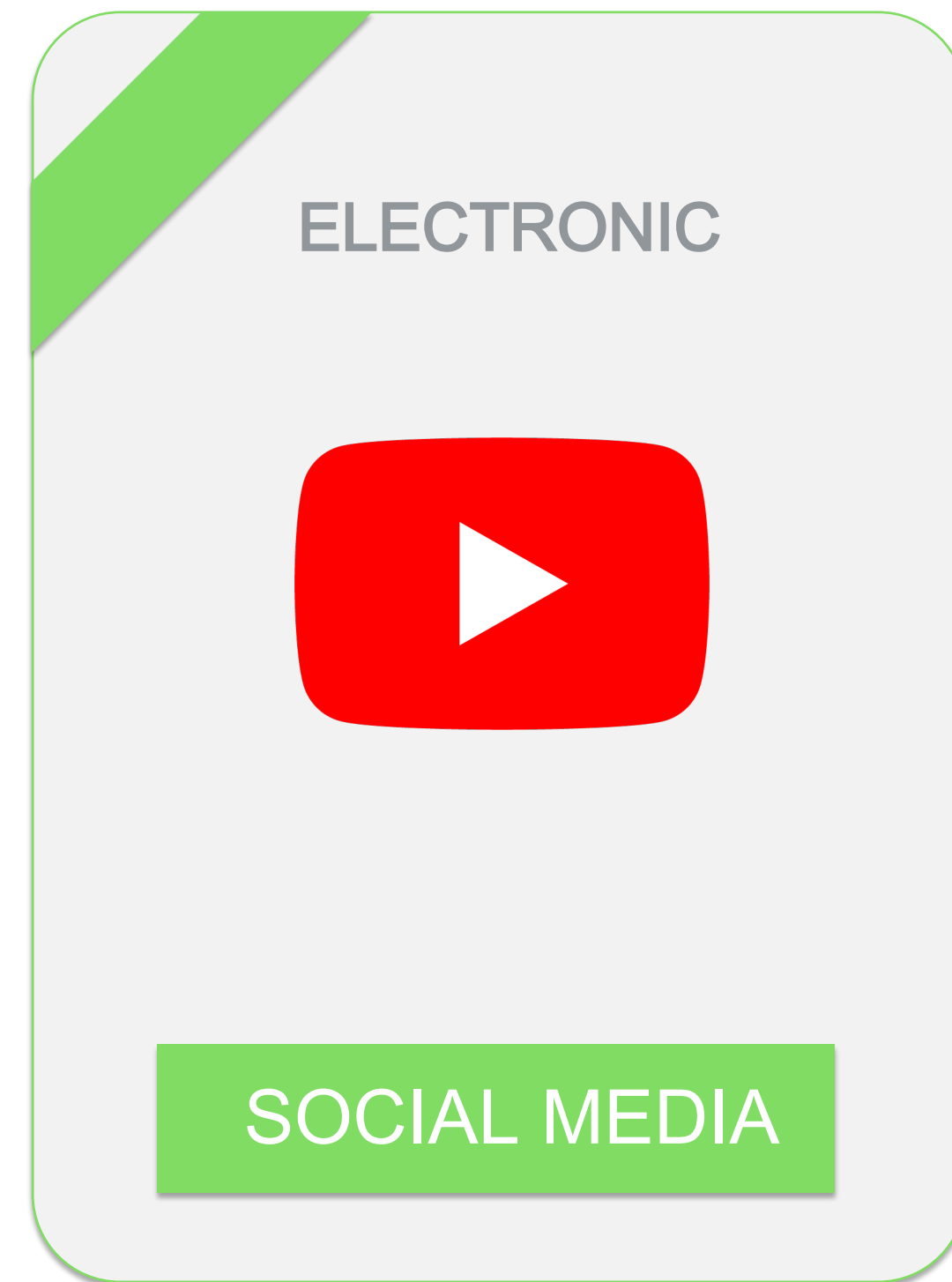
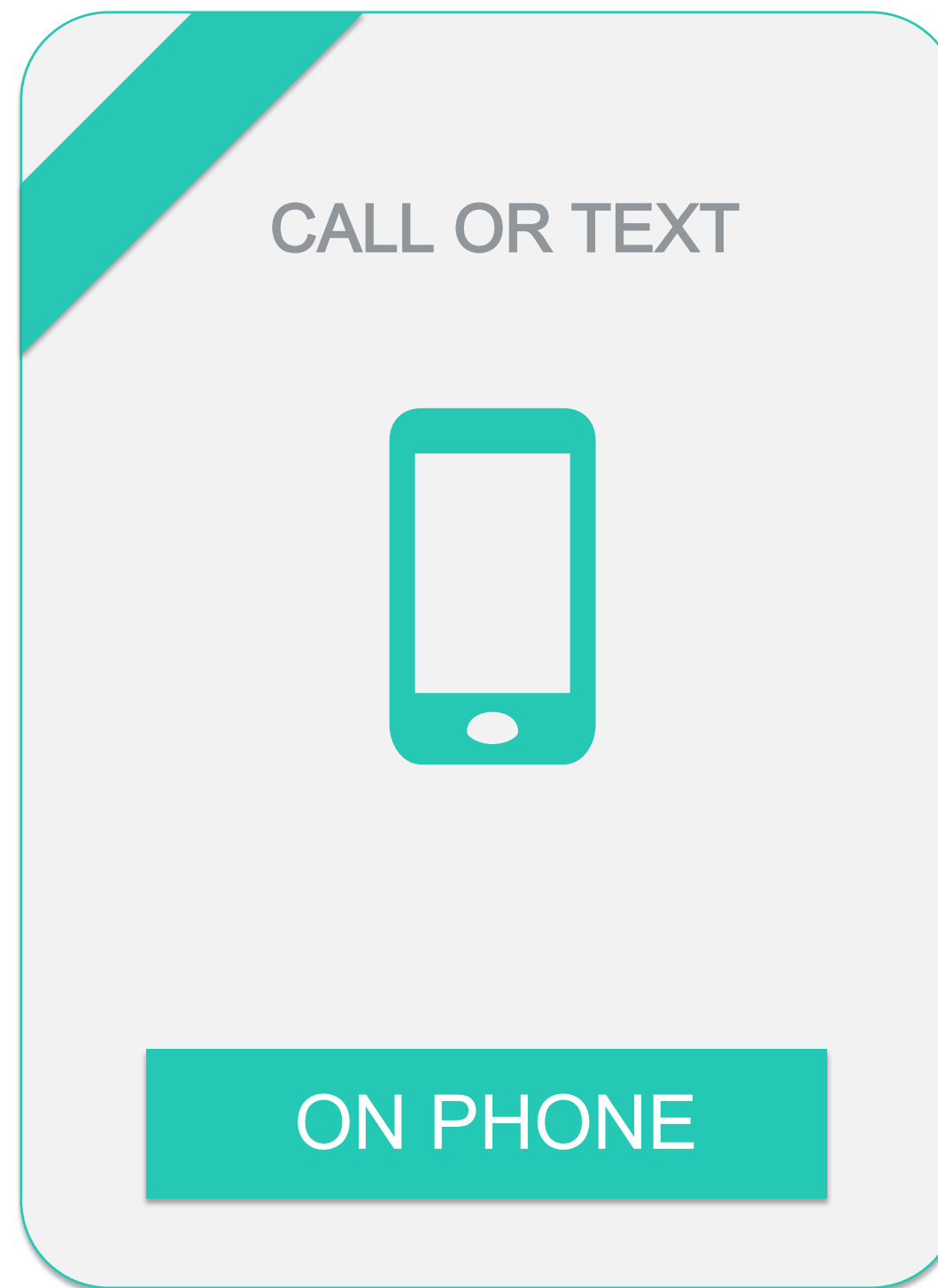
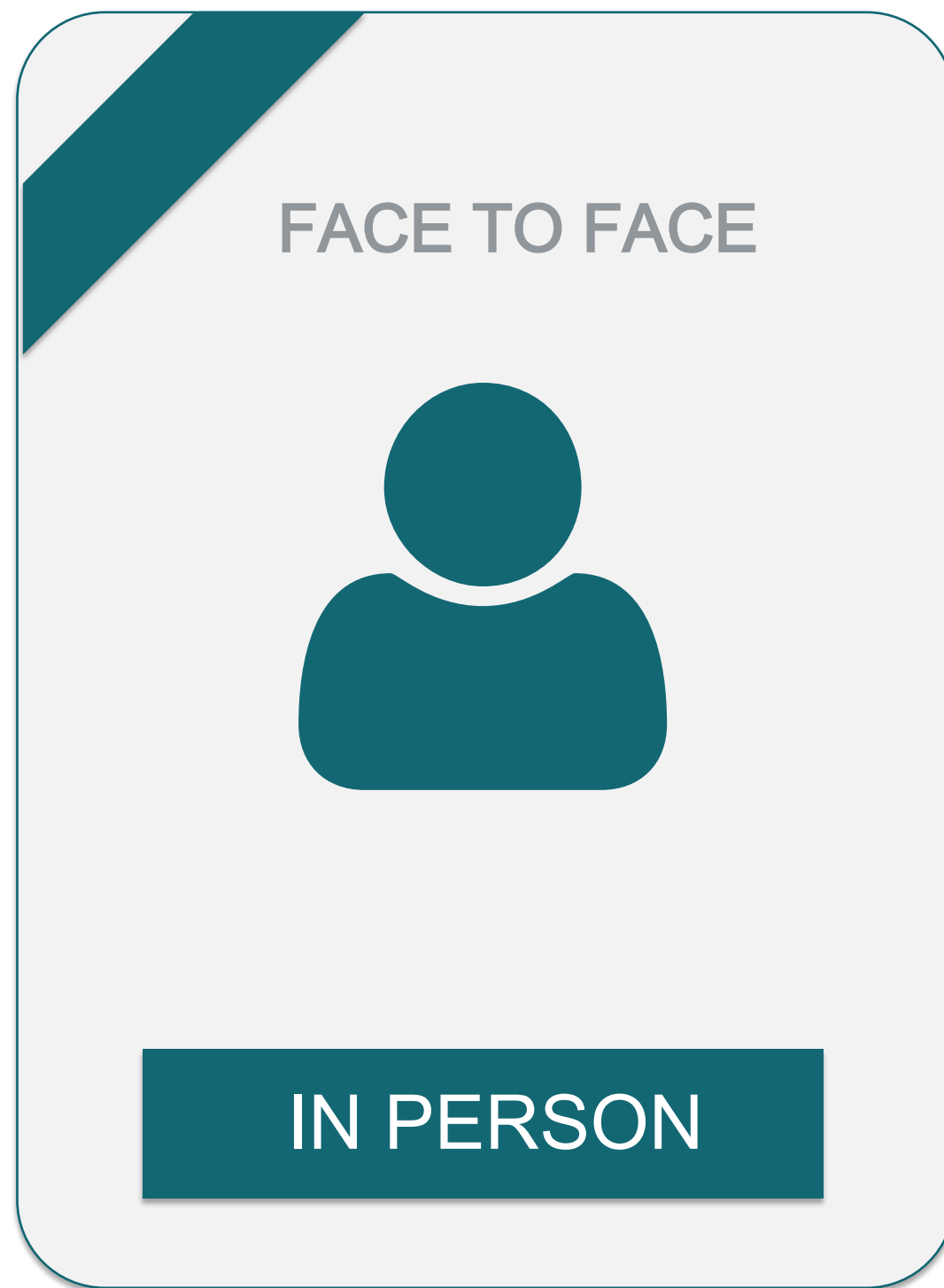


PROSOCIAL
BYSTANDERS

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BYSTANDERS IN Action



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PROSOCIAL BYSTANDERS

Wear Invisible C.A.P.E.S.

...



SEXUAL VIOLENCE
Continuum
...

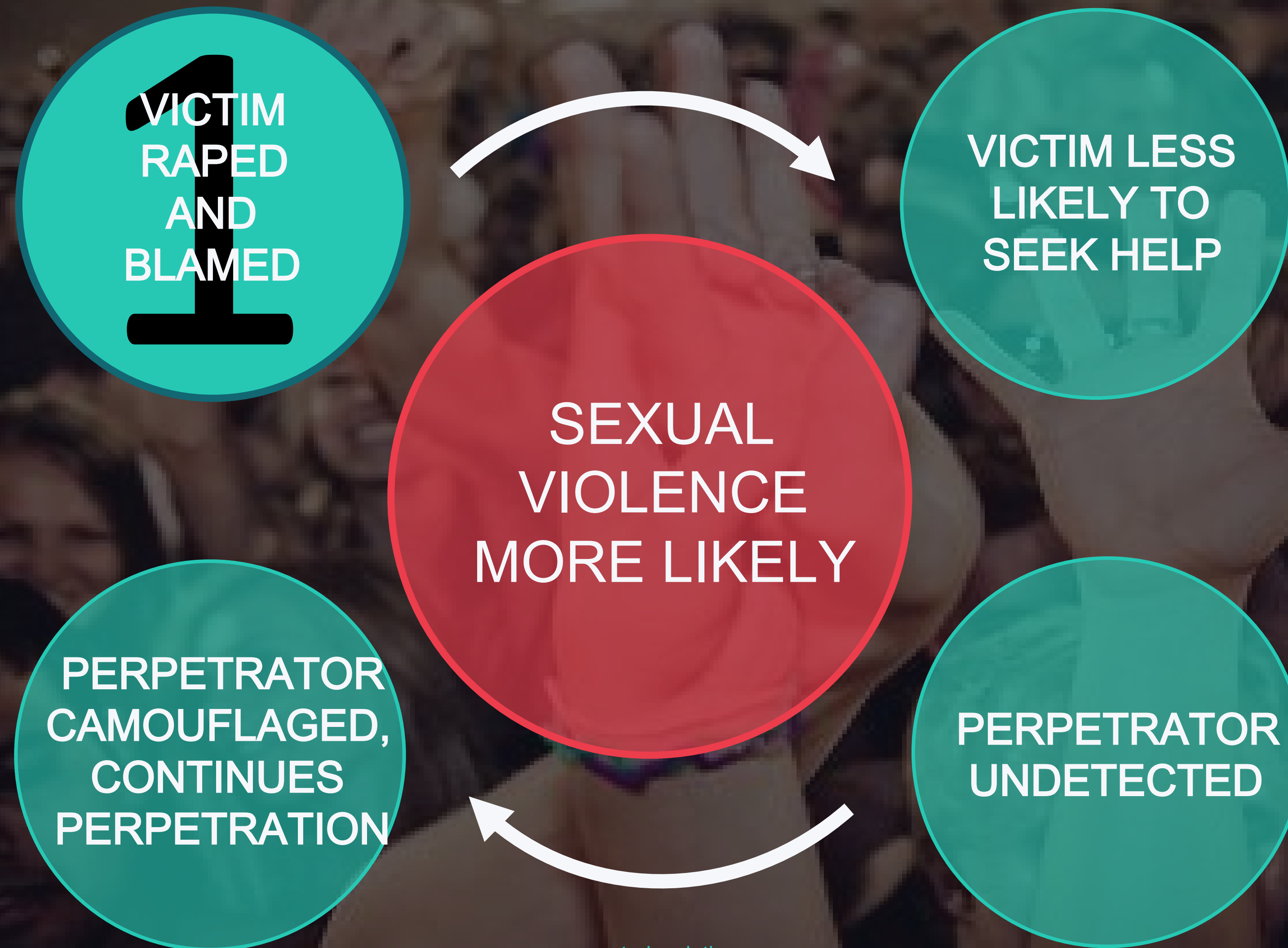


RELATIONSHIP BETWEEN Recognition and Victim Blaming

...



COMMUNITY IMPACT OF Low Recognition and Victim Blaming



THE UNINTENDED IMPACT OF

Alcohol and Other Substances on Prosocial Action

...



WHAT DO
YOU PERCEIVE?

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THINKING ABOUT

Identity, Personal Safety, and Intervention

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POTENTIAL
SOCIAL IMPACT
OF INTERVENING

SOCIETAL
PERCEPTIONS
OF IDENTITY

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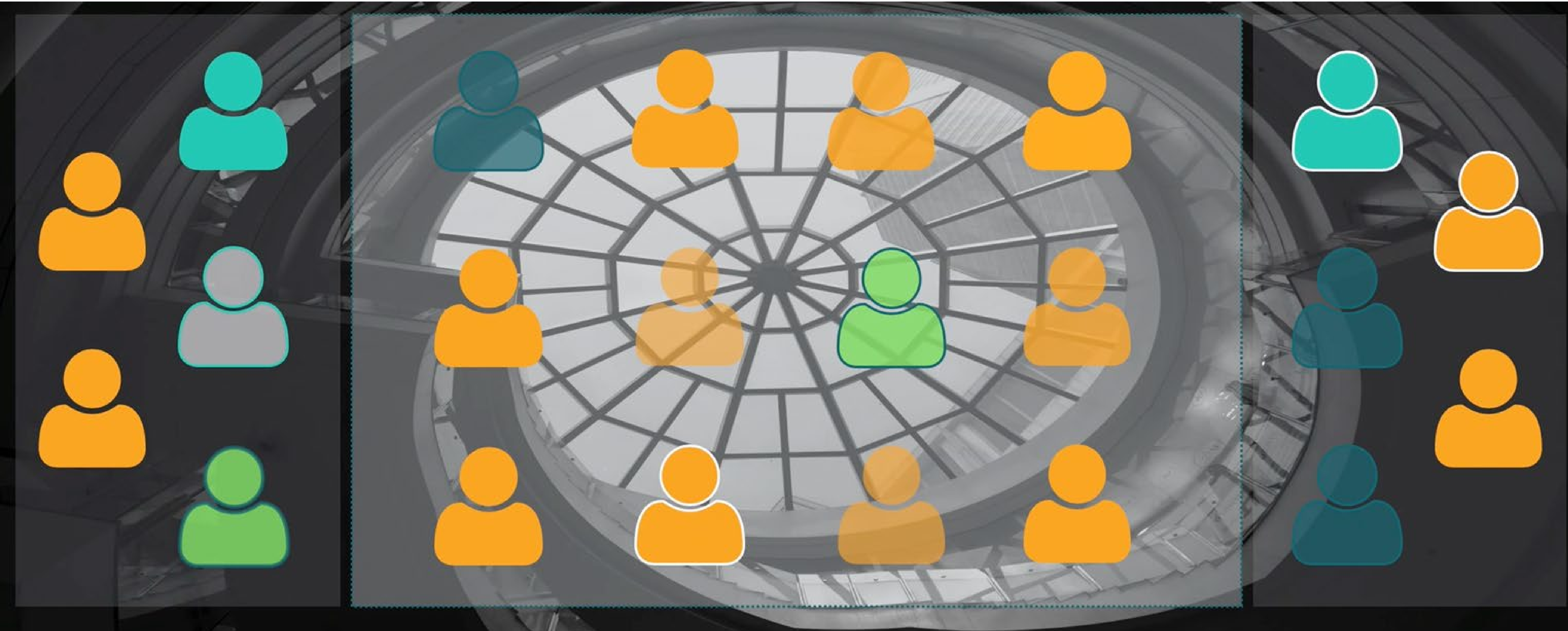
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UNDERREPRESENTED AND VULNERABLE POPULATIONS

Perception and Lack of Support

...

20



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THE FACTS ABOUT Relationship and Sexual Violence

1 IN 3 WOMEN AND 1 IN 6 MEN IN THE U.S.
EXPERIENCED SEXUAL VIOLENCE DURING THEIR
LIFETIME⁶

85% OF VICTIMS OF PHYSICAL RELATIONSHIP
ABUSE IS WOMEN

WOMEN AGES 18-24 ARE AT THE GREATEST
RISK OF NONFATAL RELATIONSHIP ABUSE⁸

20-30% OF COLLEGE DATING COUPLES EXPERIENCE AT
LEAST ONE ACT OF PHYSICAL AGGRESSION⁹

LGBTQ+ people in the U.S. have been found to
experience higher rates of SRV than the general
population, with rates for bisexual cisgender women of
approximately 2 in 5 and rate for gender minority people
of about 1 in 2²²

MOST MEN DON'T RAPE. THE FEW THAT DO, COMMIT
MULTIPLE RAPES AS WELL AS OTHER ASSAULTS

MAJORITY OF PERPETRATORS IN OUR
COMMUNITY ARE NOT CAUGHT²

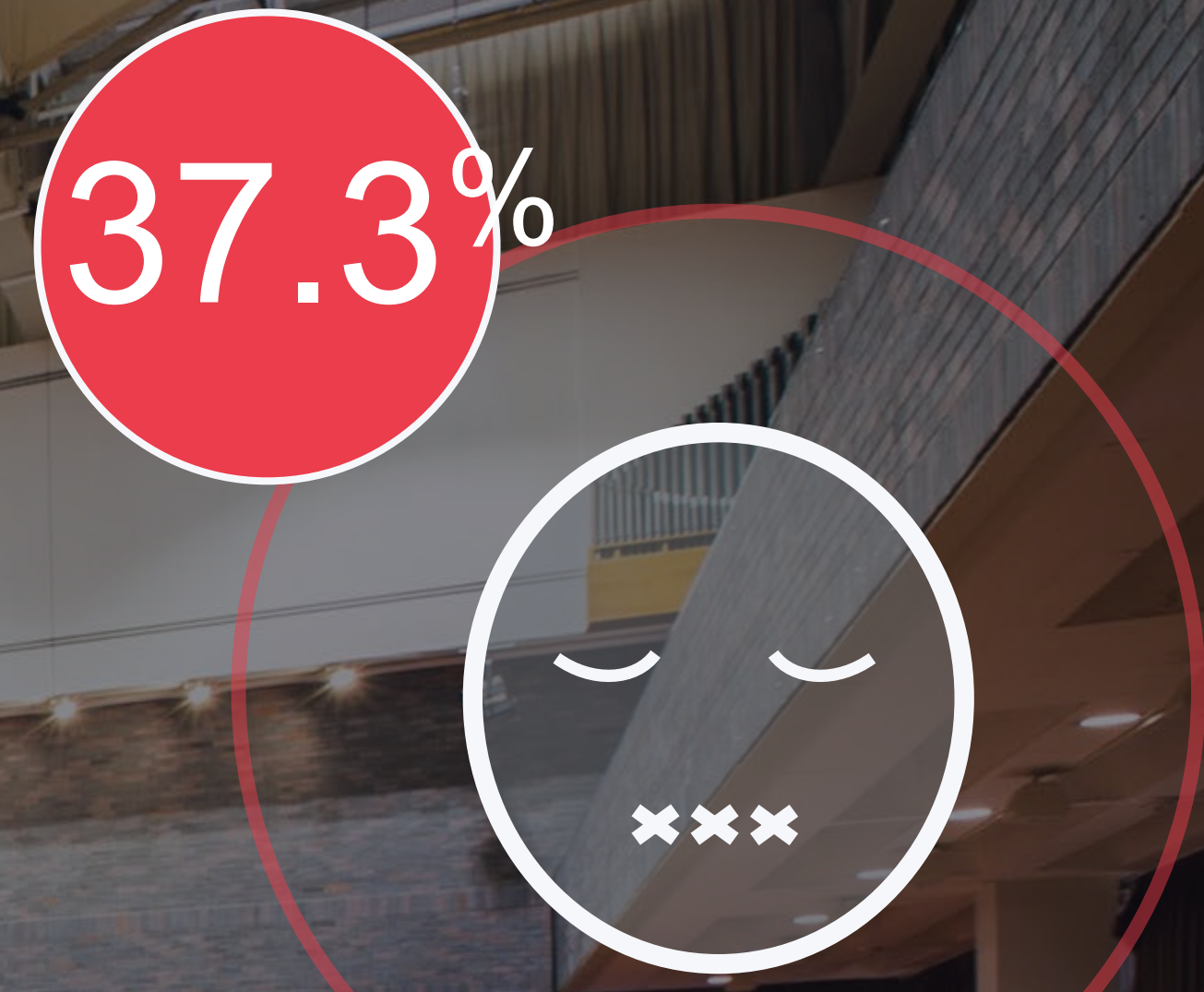
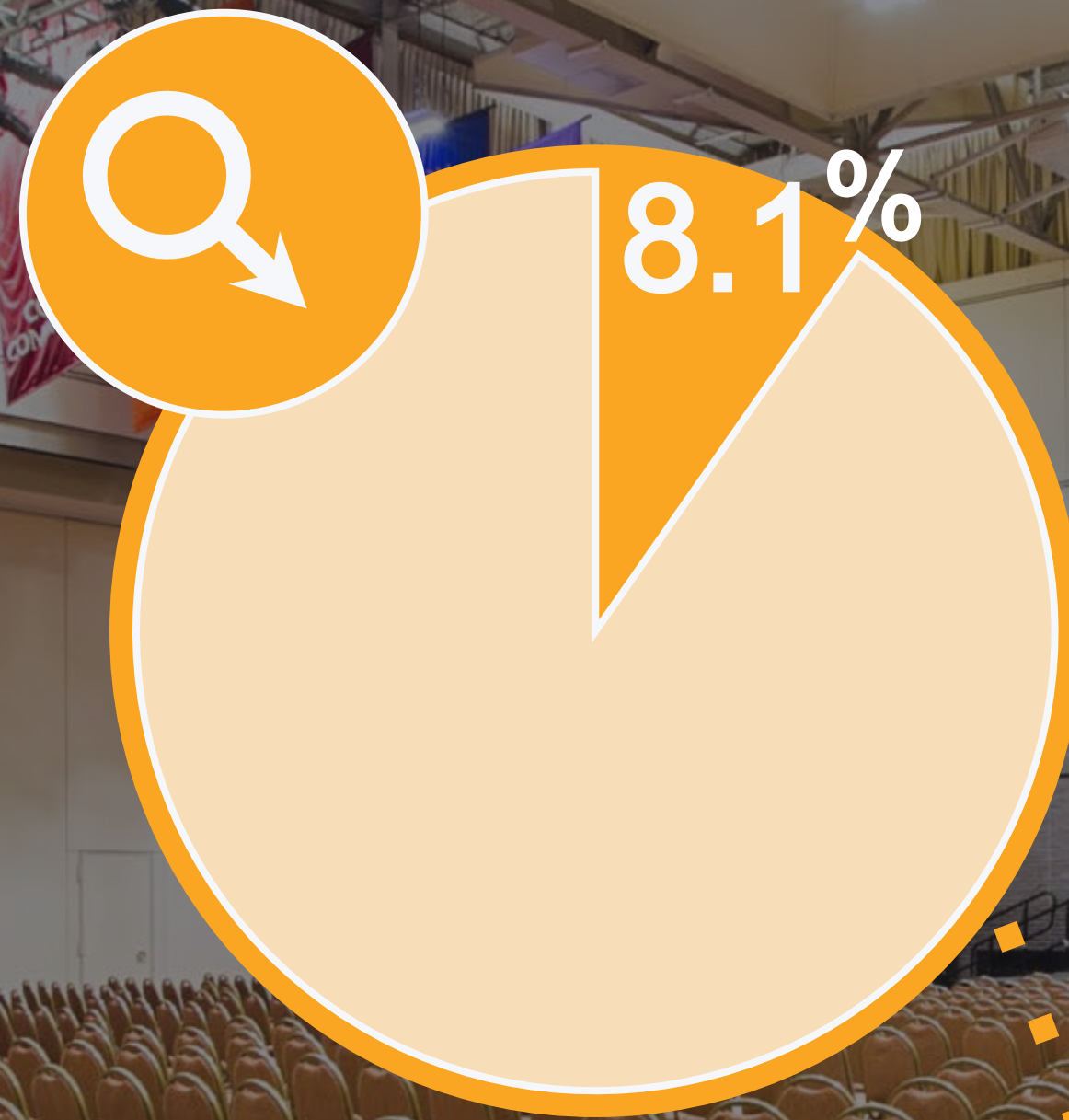
MOST (73%) OF SEXUAL ASSAULTS ARE
PERPETRATED BY A NONSTRANGER¹³

MAJORITY OF PEOPLE TELL THE TRUTH ABOUT
RAPE. ONLY 2-10% ARE FALSE REPORTS⁴

AMONG VICTIMS OF RELATIONSHIP VIOLENCE, 84% OF
WOMEN AND 61% OF MEN DISCLOSED THEIR
VICTIMIZATION TO SOMEONE PRIMARILY A FRIEND OR
FAMILY MEMBER¹⁵

70-90% OF COLLEGE DATING COUPLES EXPERIENCE
PSYCHOLOGICAL AGGRESSION⁹

PREVALENCE AND CONTEXT OF Sexual Violence at BU ...



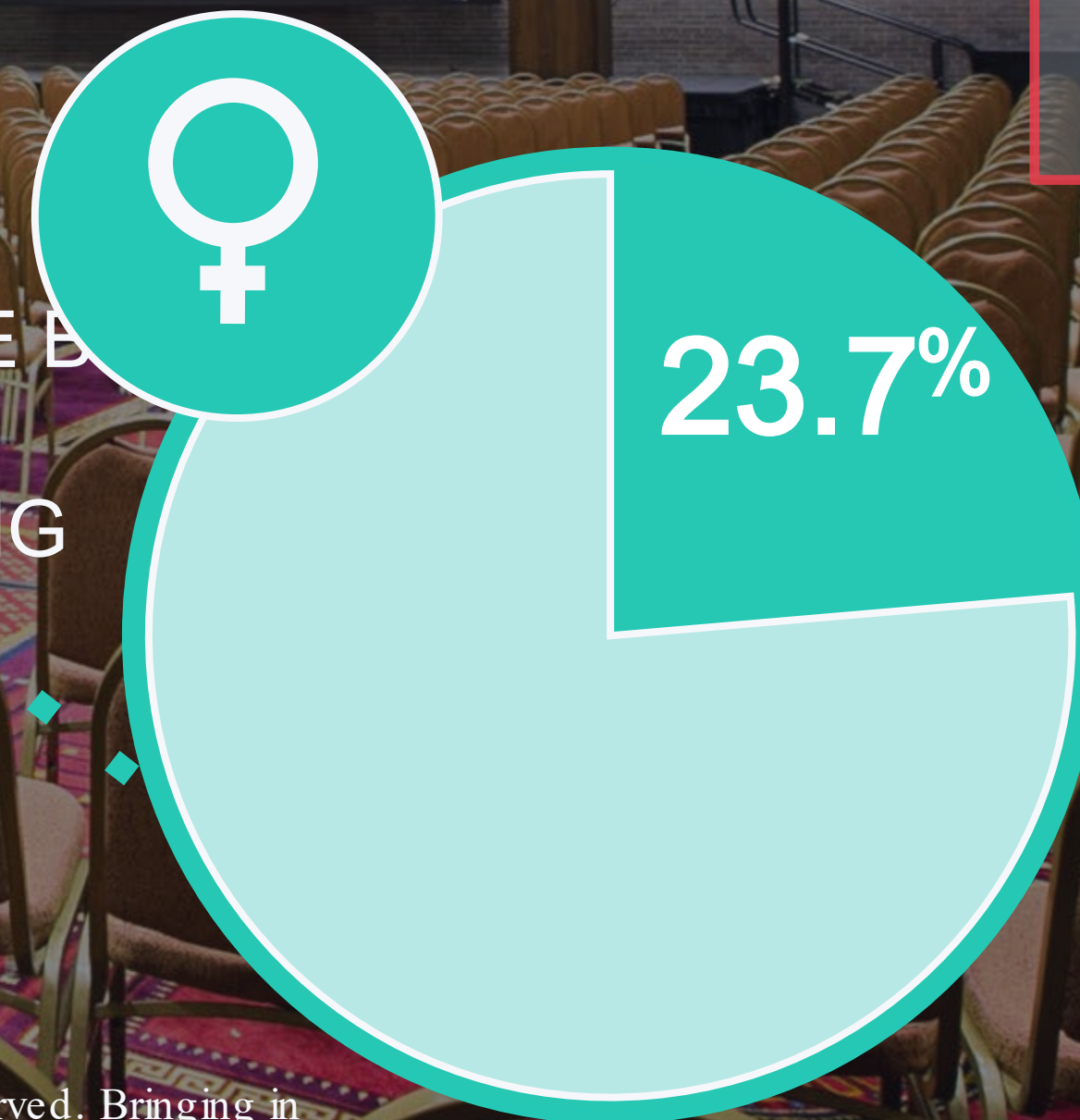
♀

1 in 9

RAPE BY FORCE OR INABILITY TO CONSENT

WOULD FILL METCALF BALLROOM 2.3X OVER¹⁶

REPORT SEXUAL VIOLENCE BY FORCE OR INABILITY TO CONSENT SINCE ENTERING BU¹⁷



DID NOT CONTACT A RESOURCE DUE TO EMBARRASMENT OR SHAME⁸

PREVALENCE AND CONTEXT OF Sexual Violence in Massachusetts

The number in MA that have ever experienced sexual violence could fill Fenway Park more than...

women
24x

men
14x

Or fill a typical jet...

women
2,216x

men
1245x

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PREVALENCE AND CONTEXT OF Relationship Violence in MA ...

The number in MA who have ever been **raped, physically assaulted and/or stalked** by an intimate partner could fill...



FENWAY MORE THAN 24X
.....
2,195 TYPICAL JETS



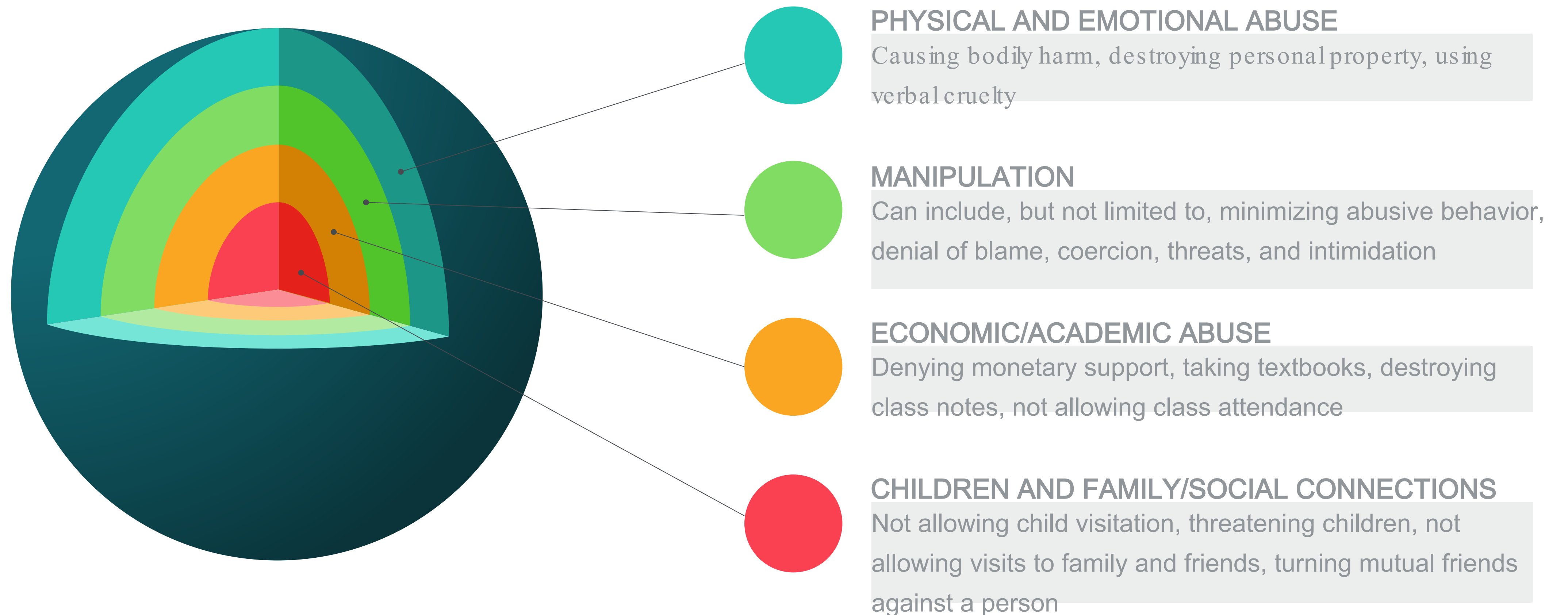
FENWAY MORE THAN 21X
.....
1,877 TYPICAL JETS



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WARNING SIGNS OF Relationship Violence

...



IMPACTS OF Relationship and Sexual Violence

Experiencing
violence has an
impact...

DAILY ROUTINES

EMOTIONAL

PHYSICAL

REBECCA CAMPBELL²¹

Supporting Survivors

- A community's response to sexual assault victims has a powerful impact on survivors' functioning.
- Negative responses increase psychological distress and can cause secondary victimization.

How can I help?



If you want, I know people
you can talk to.



I'm here for you.



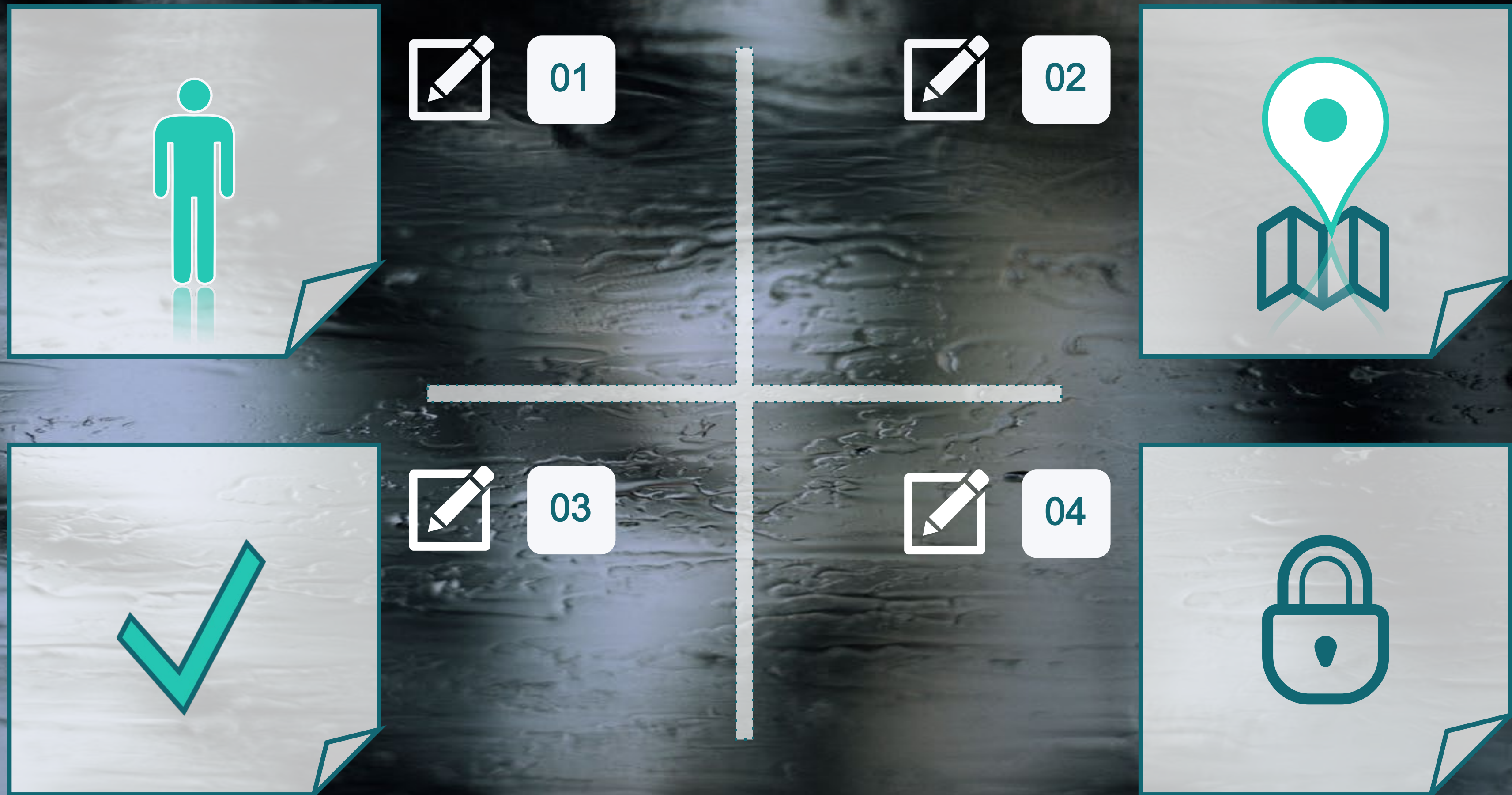
I believe you.



BUILDING EMPATHY

Four Things

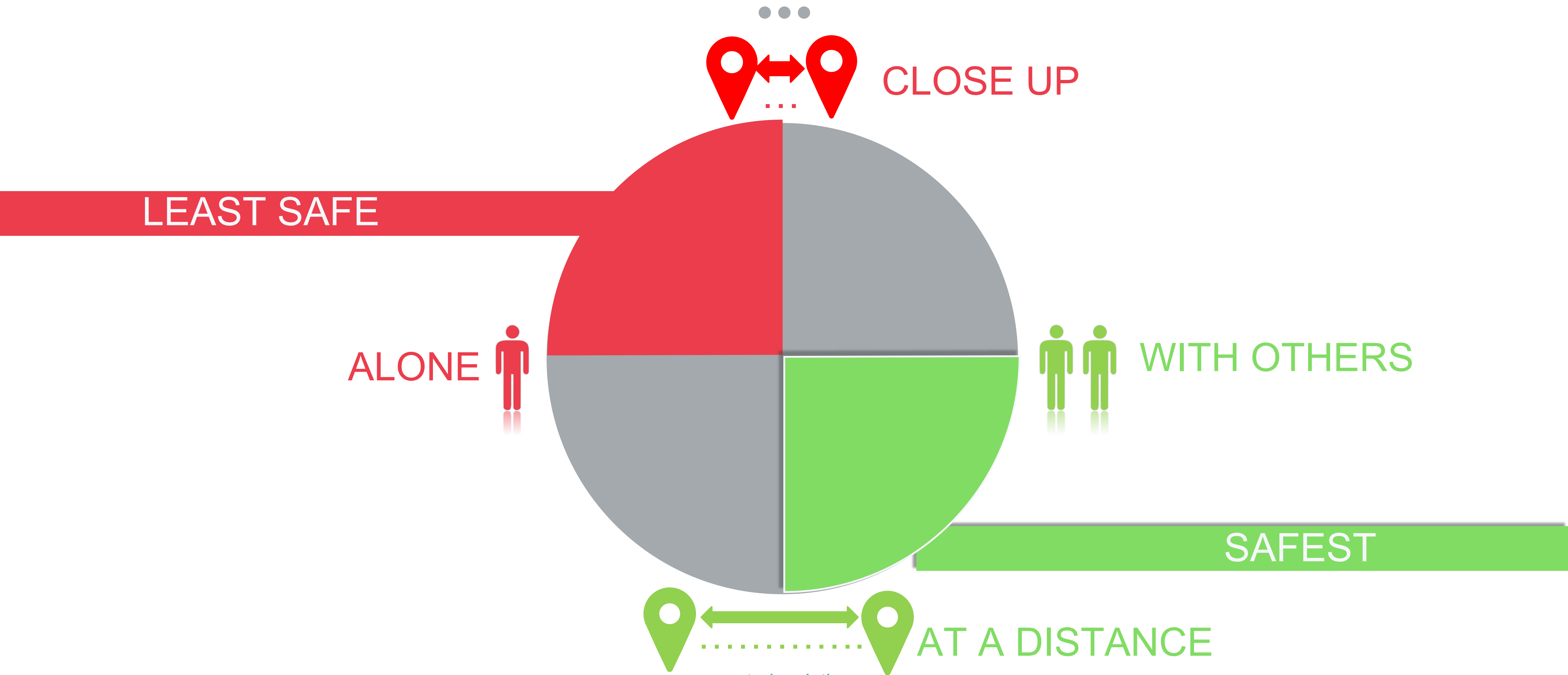
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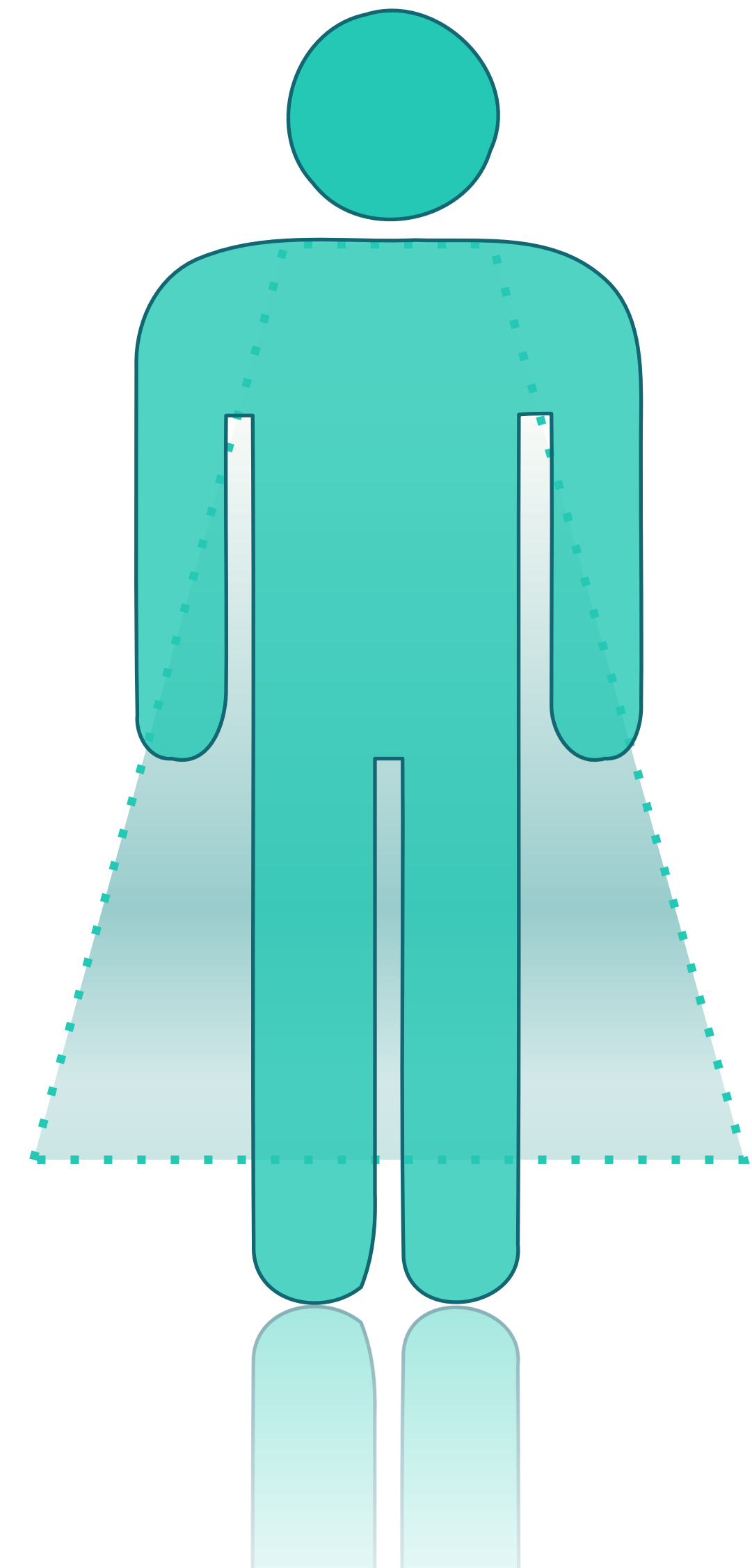
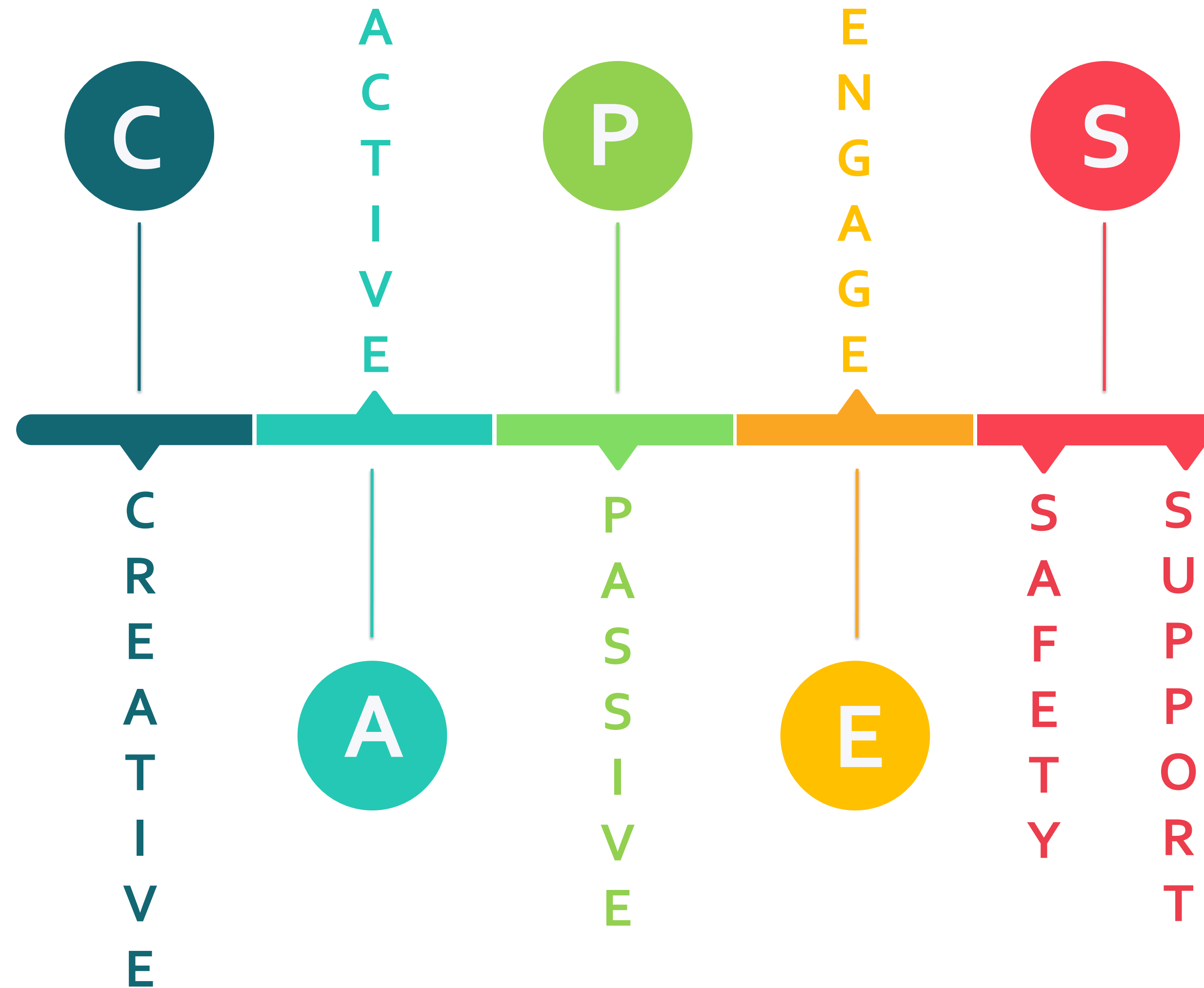
TWO FACTOR MODEL FOR
Personal Safety



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REMEMBER

Prosocial Bystanders Wear Invisible C.A.P.E.S.®



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Incomplete



You overhear your friend and another guy talking in the dining hall talking about their weekend plans. The guy, who is white, says “I’m collecting one of every kind. At the party this weekend, I’m looking for a Black girl.”

In the Same Class



Your friend tells you that she recently went on a date with someone who sexually assaulted her afterward. They're still in class together, and she is very uncomfortable. However, they're both from the same small town, and she thinks if she says anything that he will make her look bad.

Losing Friends



You're meeting with a classmate for a study session, and she seems distracted. You ask her what's going on, and she starts crying. You meet with her again in a couple of weeks, and she lets you know that she was sexually assaulted by another student but is worried about telling anyone as the other student is also Korean. She's worried her friends will side with him, and she will lose the only people she can speak her language with.

Uncomfortable Dancing

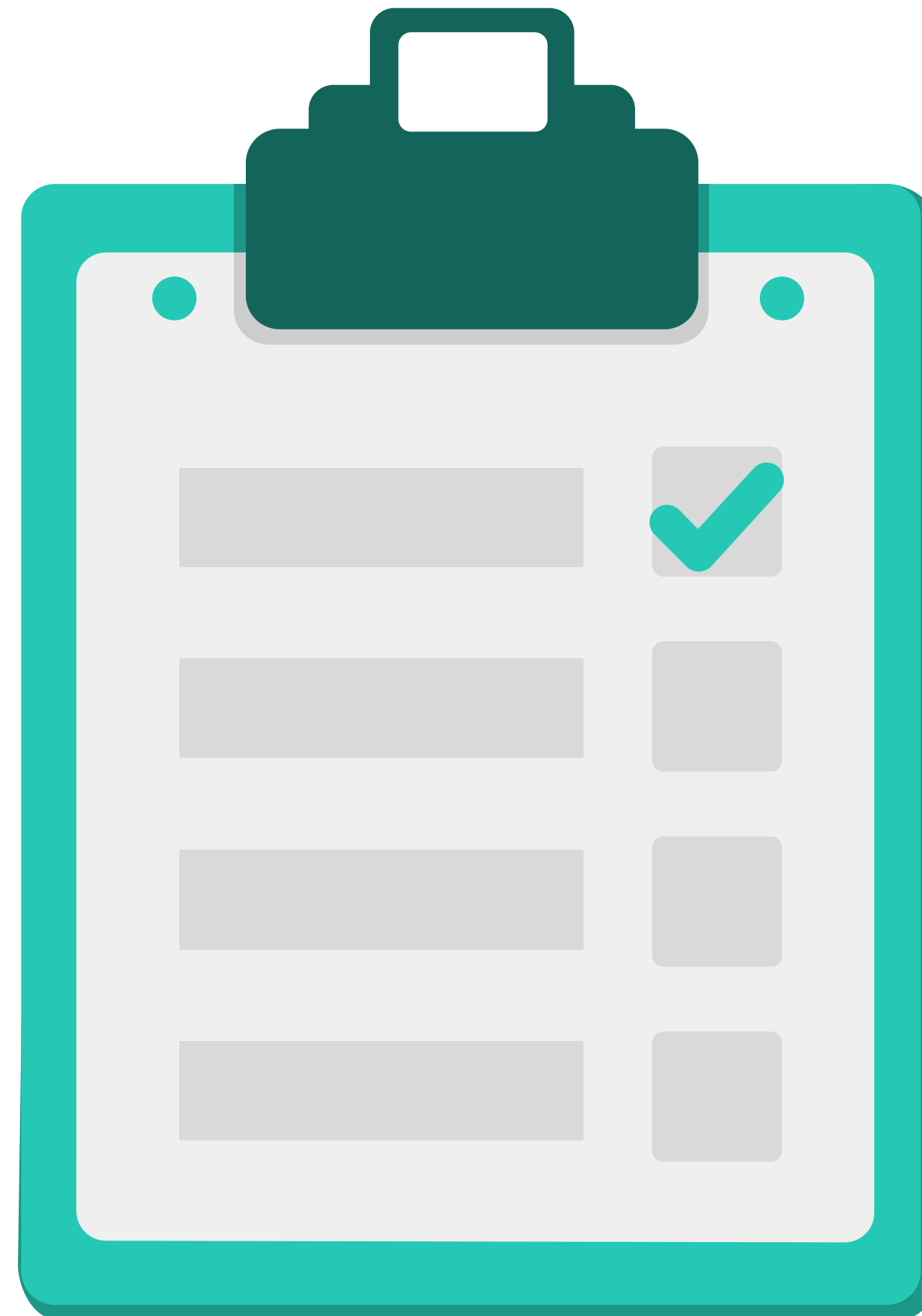


You are at a party and notice a friend dancing in the crowd. She looks very uncomfortable with the person who is dancing with her. You mention this to another friend who says, “No, she’s bisexual, she’s always looking for attention.”

THINKING AHEAD

Individual Strategies for Action

...



A

SITUATION YOU'VE SEEN BEFORE OR WILL LIKELY SEE AGAIN

1. Who is involved? Friends, strangers, acquaintances?
2. What warnings do you notice?

B

YOUR INDIVIDUAL STRATEGIES TO INTERVENE

1. What do I feel comfortable doing or saying?
2. Are there others that can help?
3. What other resources are available?

C

DECIDING WHEN TO ACT

1. When is the best time?
2. Does my strategy fit the best time to act?

D

ENGAGE YOUR STRATEGIES FOR ACTION

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Wear Your Invisible C.A.P.E.S.™
- INTERVENE

“

NEVER DOUBT THAT A SMALL GROUP OF
THOUGHTFUL COMMITTED CITIZENS CAN
CHANGE THE WORLD; INDEED IT'S THE
ONLY THING THAT EVER HAS.

-MARGARET MEAD

”

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