



WE SPEAK, WE STAND



Wesleyan University's Bystander Intervention Program

For more information, please contact: Tanya Purdy, Director of Health Education at tpurdy@wesleyan.edu & Alysha Warren, LPC, Therapist and Sexual Violence Resource Coordinator at awarren@wesleyan.edu

MISSION

WE Speak, WE Stand aims to create a community that is actively engaged in the prevention of sexual assault, relationship violence and advocates for the responsible use of alcohol. The goal of the program is to empower bystanders to intervene in high risk situations involving alcohol use, sexual assault and relationship violence. Empowered bystanders make the campus community safer by standing up and speaking out when they witness situations that could potentially harm the health and safety of others.

WEBSITE

<http://www.wesleyan.edu/weswell/services/BystanderIntervention.html>

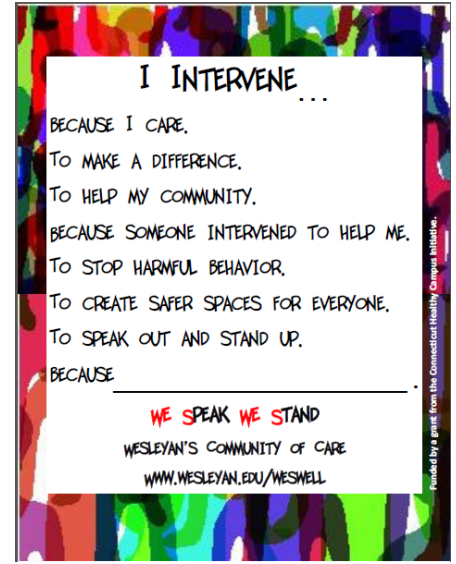
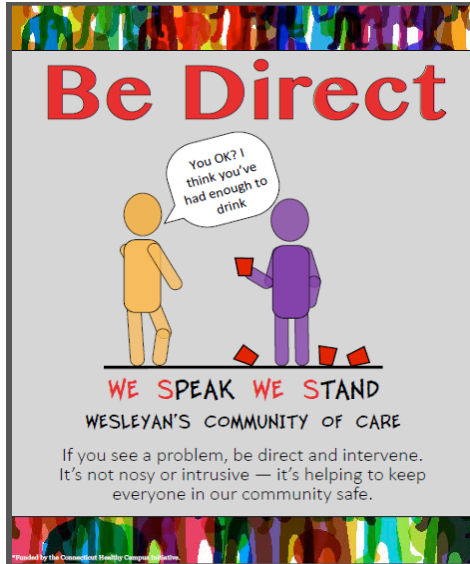
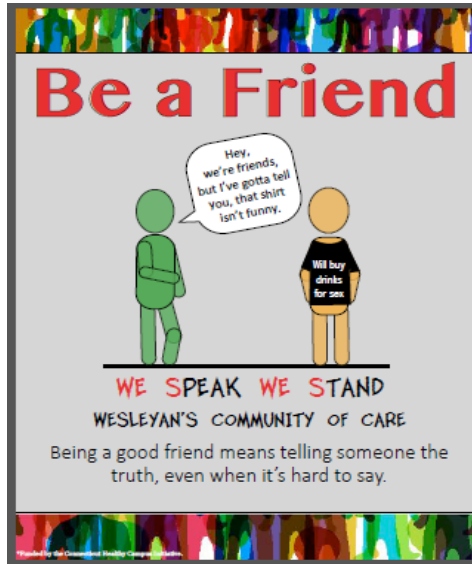
Our website includes two interactive skill building components; a barriers and solutions to intervention checklist and a slide show that introduces bystander intervention concepts. It also includes our social marketing campaign, online registration for upcoming programs, and digital copies of our informational booklets.

OVERVIEW OF IMPLEMENTATION

- **Trainings for Residence Life Staff**
 - Trained all staff since Fall 2012
- **Orientation Leaders**
 - Trained all leaders since Fall 2013
- **First Year Orientation Performance**
 - Bystander intervention focused since Fall 2012
- **Supplemental Workshops**
 - These workshops include 201 level lessons that focus on shifting the attitudes and beliefs that cause a person's behavior as well as looking at cultural beliefs and how that manifests into reality in our lives.
 - Conducted approximately 30 workshops since Fall 2012 with over 500 students in attendance. These students are comprised of two groups, either those who have already been through the campus wide training and are looking to further their knowledge or those who need and introduction to the topic before being willing to come to a 3 hour training.
- **Social Marketing Campaign**
 - This passive programming technique is geared to those who would not normally attend a workshop or training. It includes posters, stickers, booklets, and a web presence.
- **Campus Wide Training**
 - 3 hour training
 - Bystander Intervention Theory and Skills
 - High Risk Alcohol Use
 - Sexual Assault and Relationship Violence
 - Since Fall 2012 have held 5 full trainings with over 100 students in attendance

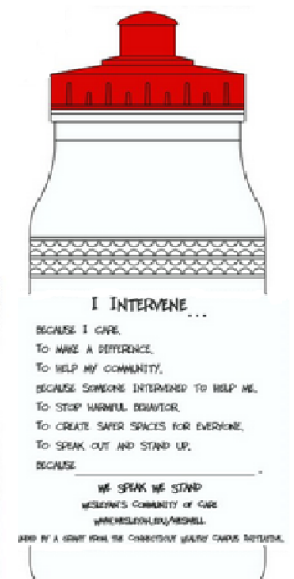
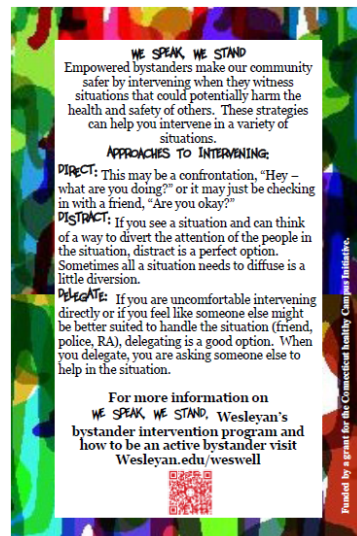
WE SPEAK WE STAND POSTER CAMPAIGN '13-'14 ACADEMIC YEAR

These are sample posters from our social marketing campaign. Posters were distributed the last week of the month in print format, on our Facebook page and on popular campus blogs.



WE SPEAK WE STAND PROMOTIONAL MATERIALS

These are samples of the stickers, buttons, t-shirts, tote-bags, and water bottles that are distributed as part of our program.



FULL 3 HOUR TRAINING OUTLINE

Bystander Intervention 101 (45 mins)

- Introduction
- Ground Rules
- Scenario (moving from your head to your heart)
- Barriers to Intervention
- Moving from Inaction to Action
- Solutions to Bystander Barriers (intervention strategies)
 - 3 D's
 - Making It Personal
 - Stages of Confrontation
 - Stages of Shifting Attitudes
- Activities
 - Look at your original barriers and find a new strategy to overcome it.
 - Video Clip & Discussion: If you were at this party and witnessed this, what strategy could you have used to intervene? Ask specifically for how, when, what would you say, etc.

Sexual Violence and Bystander Intervention (70 Minutes)

- Introduction of Topic
- Moving from Your Head to Your Heart
- Connections between Sexual Assault and Relationship Violence
- Prevalence and Statistics
- Social Messaging around Sexual Assault
- Role of Alcohol in Sexual Assault
- Continuum of Harm Exercise
- Reporting Options
- How to be the Bridge (how to support a survivor of sexual violence)
- Defining Relationship Violence/Normalization of Unhealthy Relationships in the Media
- Power and Control Wheel
- Cycle of Violence
- Bystander Intervention Reminders
- Skills Practice

Alcohol and Bystander Intervention (65 Minutes)

- Introduction of Topic
- Make the Topic Personal and Relevant
- Alcohol 101
- Paint the Picture of the Student in Need (Ask: How would you want your friends to react? What would you want them to do? What would you not want them to do?)
- Effective Communication and Resources
- Practice Intervention Skills in Pairs
- Severe Intoxication Red Flag Behaviors & What to Do if you see Them?
- What if Severe Intoxication Goes Unaddressed?
- Closing Activity: Using a ball of yarn to make a web, ask: What is the take home message or strategy you will use if in these situations?

Revised Summary of Selected Bringing in the Bystander In-person Program Bystander Attitude and Behavior Measures developed by University of New Hampshire: Administered via Survey Monkey; Pre-test, Training evaluation, 30 & 60 day Post-test

| Bystander Attitudes – Alcohol (% percentage) All Agree and Strongly Agree Responses | Training Eval- uation Spring '14 N=20 | Pre-Test Fall '14 N=45 | Post-Test Fall '14 N= 51 |
|---|--|------------------------------|--------------------------------|
| I feel knowledgeable about severe intoxication (also known as alcohol poisoning) | 92.86 | 52.39 | 90.20 |
| I can identify high risk situations involving alcohol. | 92.86 | 85.71 | 86.28 |
| I can identify high risk behaviors involving alcohol. | 100.00 | 83.34 | 96.08 |
| I can identify the facts from the myths about how to help a friend sober up. | 81.54 | 73.17 | 90.20 |
| I can identify the signs of severe intoxication (also known as alcohol poisoning). | 92.85 | 69.05 | 92.15 |
| I feel confident in my ability to respond effectively in an alcohol-related emergency. | 95.83 | 50.00 | 94.12 |
| I am willing to intervene in an alcohol-related emergency. | 100.00 | 85.71 | 100.00 |

| Bystander Efficacy Scale - Sexual Violence (% percentage) All Agree and Strongly Agree Responses | Training Eval- uation Spring '14 N= 25 | Pre-Test Fall '14 N=45 | Post-Test Fall '14 N= 51 |
|---|---|------------------------------|--------------------------------|
| Express discomfort if someone says that rape victims are to blame for being raped. | 91.98 | 73.81 | 96.08 |
| Call for help (i.e. call 911) if I hear someone in my dorm or apartment yelling "help." | 80.45 | 54.77 | 76.47 |
| Get help and resources for a friend who tells me they have been raped. | 96.15 | 65.85 | 96.08 |
| Able to ask a stranger who looks very upset at a party if they are ok or need help. | 64.10 | 38.09 | 74.51 |
| Ask a friend if they need to be walked home from a party. | 100.00 | 73.81 | 92.16 |
| Ask a stranger if they need to be walked home from a party. | 64.42 | 28.57 | 54.90 |
| Speak up in class if a professor is providing misinformation about sexual assault. | 54.17 | 40.47 | 56.86 |
| Criticize a friend who tells me that they had sex with someone who was passed out or who didn't give consent. | 88.14 | 76.19 | 86.27 |
| Do something to help a very drunk person who is being brought upstairs to a bedroom by a group of people at a party. | 65.38 | 45.24 | 70.59 |
| Do something if I see a woman surrounded by a group of men at a party who looks very uncomfortable. | 76.60 | 47.62 | 78.43 |
| Tell an RA, other campus or community authority about information I have that might help in a sexual assault case even if pressured by my peers to stay silent. | 76.60 | 57.14 | 80.00 |
| Speak up to someone who is making excuses for forcing someone to have sex with them. | 92.31 | 71.43 | 88.00 |
| Speak up to someone who is making excuses for having sex with someone who is unable to give full consent. | 96.15 | 66.67 | 90.63 |

201 LEVEL TRAINING OUTLINE

Bystander Intervention 101 Refresher (30mins)

- Introduction
- Ground Rules
- Scenario (**What is the scenario?**)
- Barriers to Intervention
- Moving from Inaction to Action
- Solutions to Bystander Barriers (intervention strategies)
 - 3 D's
 - Making It Personal
 - Stages of Confrontation
 - Stages of Shifting Attitudes
- Activities
 - Look at your original barriers and find a new strategy to overcome it.

Bystander Intervention and Relationship Violence (60 minutes)

- Defining Intimate Partner Violence
- Media Depictions of Relationship Violence (deconstructing messages in music videos and newspaper headlines)
- Culture of Gender Violence
- Power and Control Wheel
- Cycle of Violence
- Skills Practice and Discussion: How do you respond? What strategy do you use and why? Reflecting back on your personal barriers that you identified last session, which ones might this scenario trigger? How do you overcome them?

Shifting the Drunk Sex Script: How to intervene to change an individual's beliefs and expectations about alcohol and sex. (60 minutes)

- What are your personal beliefs about alcohol, sex, and gender?
- What are the messages we receive in society about alcohol, sex, and gender?
- Beliefs and expectations about the effects of alcohol contribute to manifest behavior.
 - Physiological Effects of Alcohol + Beliefs about Alcohol + gender norms + sex script + rape myths = unsafe & unhealthy culture around alcohol & sexual violence
- Alcohol does not cause aggression.
 - Alcohol facilitates preexisting inclinations towards aggression that are evident in the gender scripts, sex scripts and rape culture that an individual subscribes to.
- How do we intervene to rewrite scripts?
 - Break into small groups of about 5
 - Pass out script cards and intervention strategies
 - Ask participants to use a strategy to respond to a statement

WSWS 201 Evaluation - What new information did you learn?

I learned that it is necessary to try and take small steps and be patient in trying to help others see your point of view in terms of safe and respectful sexual/alcohol related practices.

How to intervene – strategies and how to think critically about pop culture and the ideas it is reinforcing in society.

Good ways to intervene without embarrassing anyone or making it super awkward and uncomfortable.

I loved learning different techniques of intervening in different situations.

All the stuff about the drunk sex scripts. I had never heard it articulated so clearly.

That being a bystander and having the opportunity to intervene is not limited to incidents of direct violence. I can intervene in everyday conversations that are perpetuating this culture.

The biggest new thing I learned was just the incredible prevalence of beliefs about sex and alcohol and violence in social media. It's so easy to just be unaware of things like song lyrics.

"Drunken" behavior is defined by expectations (in addition to other factors). Explicit examples of abusive behavior.

Strategies of confrontation. Ways to intervene while keeping yourself and others safe.

Information about abusive relationships. How to intervene with friends.

About drunk scripts and sex scripts and how to disrupt people's ingrained beliefs.

I learned about specific strategies that can be helpful when intervening and how to overcome my own personal barriers and reservations.

I learned a lot about what constituted as violence in my past relationship. IMPORTANT Also learned how to intervene.