

PREVENTING THROUGH ENGAGING: A BYSTANDER APPROACH

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AGENDA

1. Introduction
 2. Primary Prevention & Bystander Engagement
 3. Options for intervening
 4. Barriers to engaging
 5. Scenarios & group discussion
 6. Resources
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PREVALENCE OF SCHOOL VIOLENCE

- 1 in 3 youth are bullied often
 - 1 in 2 students say they have been bullied online.
 - 1 in 3 students say they have bullied someone online
 - Of 7th grade boys and girls who had started dating, 1 in 3 had already hurt their boyfriend or girlfriend with dating violence
 - In one study, **18% of boys** and **27% of girls** reported being hurt by dating violence
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PREVALENCE OF SEXUAL VIOLENCE

- **1 in 4 girls, 1 in 6 boys** experience sexual abuse before their 18th birthday
- **1 in 6 women and 1 in 33 men** have experienced an attempted or completed rape in their lifetime.

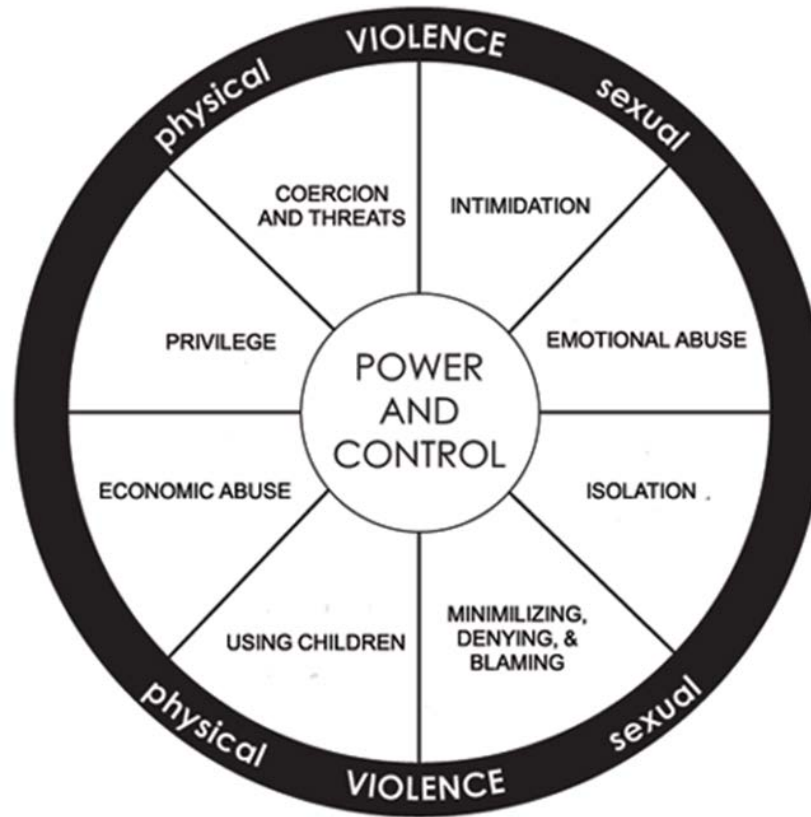
■ *Center for Disease Control & Prevention;
National Sexual Violence Resource Center*



HOW EXPERIENCING VIOLENCE IMPACTS STUDENTS

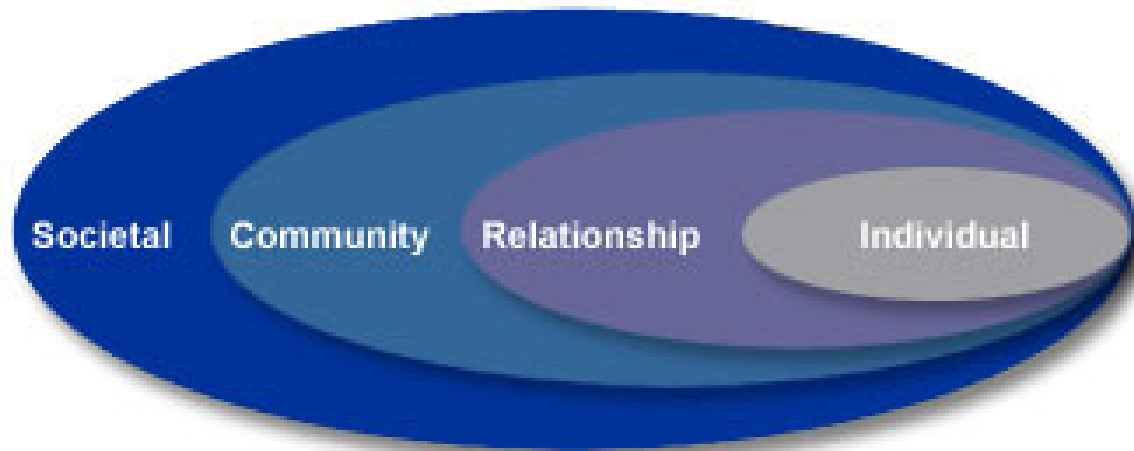
- Crying and upset
 - Sadness
 - Anxiety
 - Scared to go to school, the bathroom, the playground or ride the bus
 - A hard time concentrating which hurts their grades
 - Skipping school
 - Drug use
 - Getting in trouble
 - Symptoms in their bodies like headaches, stomach pains, or sleeping problems
 - Start to think bad about themselves (like student, a failure, or unattractive)
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THE CAUSE OF SCHOOL VIOLENCE



PRIMARY PREVENTION

- BEFORE it happens
- Address root causes



BYSTANDER ENGAGEMENT

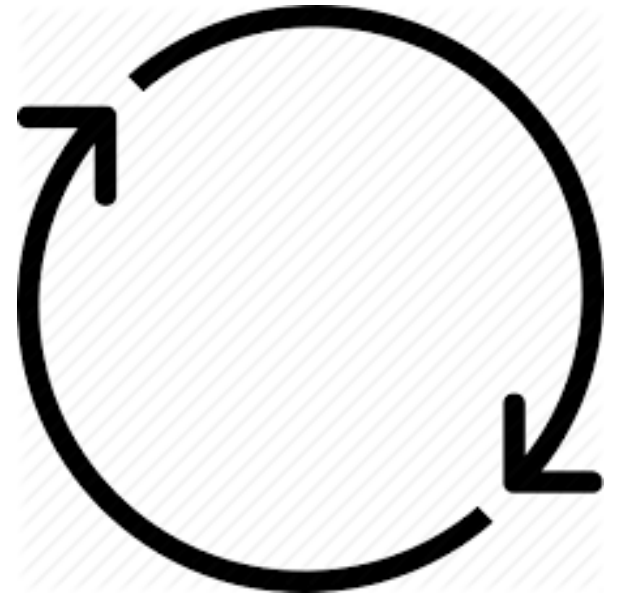
WHY?

- It's a community issue
- Most people want to help



BYSTANDER ENGAGEMENT

- Not a one-time action
- What can YOU or I do?
→ What can WE do?
- Applicable to other forms of violence, harassment, discrimination, etc.



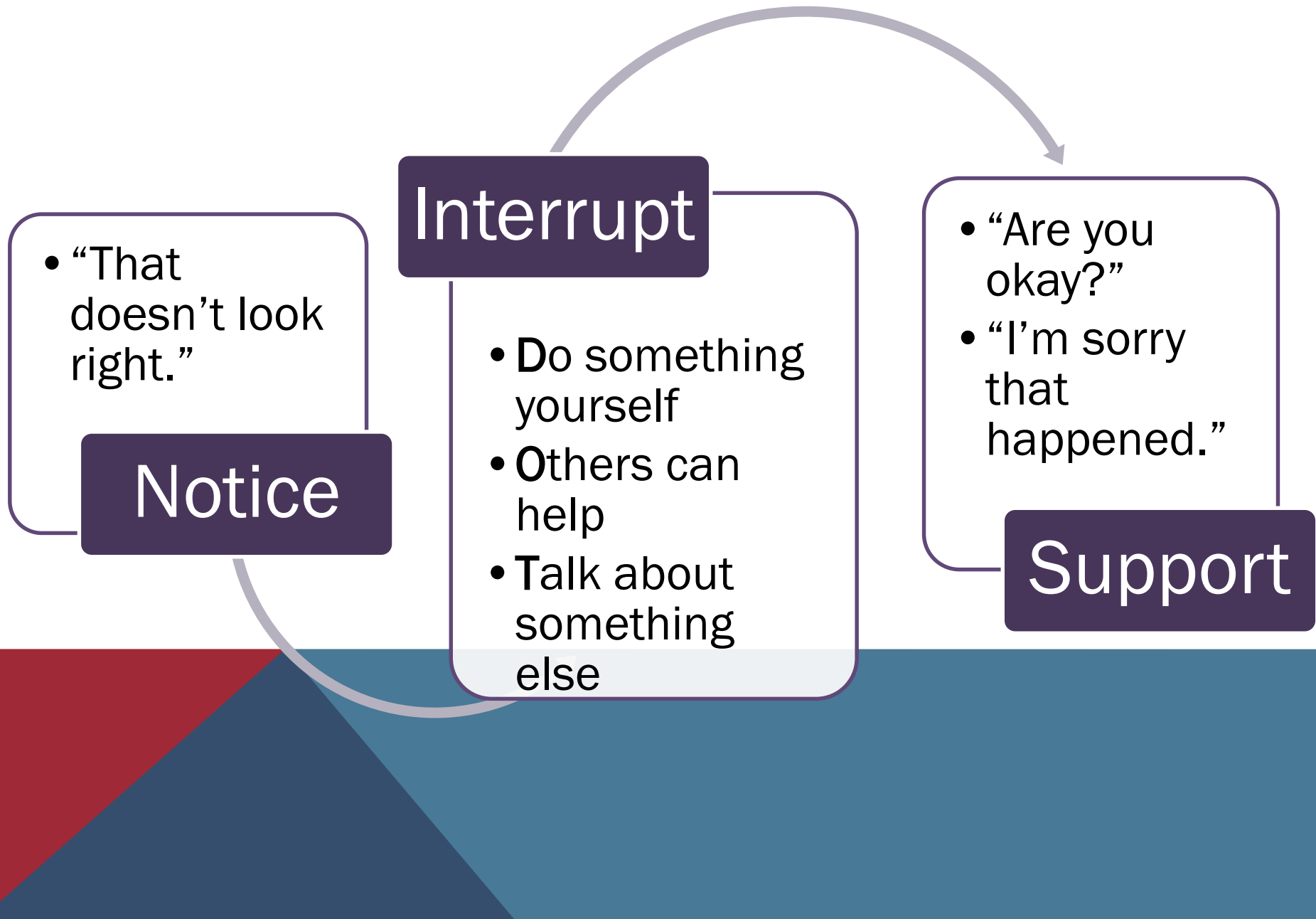
BYSTANDER ENGAGEMENT

It works!



- 50% reduction in perpetration of sexual violence
- 40% reduction of total violence perpetration

HOW TO INTERVENE



SUPPORTIVE THINGS TO SAY

- “Thank you for telling me.”
- “It’s not your fault.”
- “I’m sorry this happened to you.”
- “You are not alone.”
- “How can I help?”
- “I support whatever choices you make.”



BARRIERS TO INTERVENTION

- Personal barriers
 - Unsure what to do
- Relationship barriers
 - Don't want to upset anyone
- Organizational barriers
 - Uncertainty about policies/practices (formal or informal)
- General societal barriers
 - Seems like it's not my business



Interrupt

- Do something yourself
- Others can help
- Talk about something else

Notice

- “That doesn’t look right.”

Support

- “Are you okay?”
- “I’m sorry that happened.”



SCENARIO 1

You see students calling another student in your class “gay” – everyone is laughing, including the student being targeted.

What could you do?



SCENARIO 2

Students are slapping each other's butts in the hallway during a passing period – most students are laughing, but as it escalates, you can't tell if everyone finds it funny. The bell has rang and everyone is on their way to class.

What could you do?

A decorative footer consisting of three overlapping geometric shapes: a red triangle on the left, a dark blue triangle in the middle, and a light blue triangle on the right.

SCENARIO 3

You hear students talking about a female student's tight pants/short skirt and how she is “asking for it” and “should dress differently if she wants to be respected.”

What could you do?



SCENARIO 4

You see a female student touching a male student who looks a little uncomfortable. You notice her hugging him and at one point she gives him a kiss on the cheek.

What could you do?

A decorative footer consisting of three overlapping geometric shapes: a red triangle on the left, a dark blue triangle in the middle, and a light blue triangle on the right.

SCENARIO 5

There is a couple in your school who have been dating since last school year – Sam & Taylor. Sam is getting a little protective and you never see Taylor without Sam. Taylor has started to talk less in class.

What could you do?



BYSTANDER ENGAGEMENT

More scenarios and videos available
at:

[MOCSA YouthEd's YouTube Page](#)

www.youtube.com/mocsayouthed



HOW TO HELP

Learn more!

- www.mocsa.org
- www.nsvrc.org
- <https://rainn.org/>



Believe survivors

Talk to your friends and family about sexual violence

- *“Something interesting I learned today was...”*
- *“It’s not the victim’s fault.”*

Challenge myths about sexual violence –

- *“Sexual violence is about power and control”*

RESOURCES

- **Teaching Tolerance** -- www.tolerance.org
 - Information about anti-bias programs and activities being implemented in schools across the country.
- **Common Sense Media** -- www.common Sense media.org
 - Provides independent reviews, age ratings, & other information about all types of media.
- **Kansas Coalition Against Sexual & Domestic Violence** -- www.kcsdv.org
- **Love is Respect** -- www.loveisrespect.org
 - Offers articles, quiz and answers to teens' questions about recognizing and dealing with violence or abuse.

**No one has to do everything, but
everyone has to do something.**

