



**It's On Us Workshop:
Bystander Intervention &
Social Norms 101**

Agenda

- Introductions
- Self-Care Check In
- Prevention Theory Refresher
- Social Norms
- Bystander Intervention: Barriers
- Bystander Intervention: 4 D's
- Toolkit Materials + Next Steps
- Self-Care Reminder
- Post-Training Survey

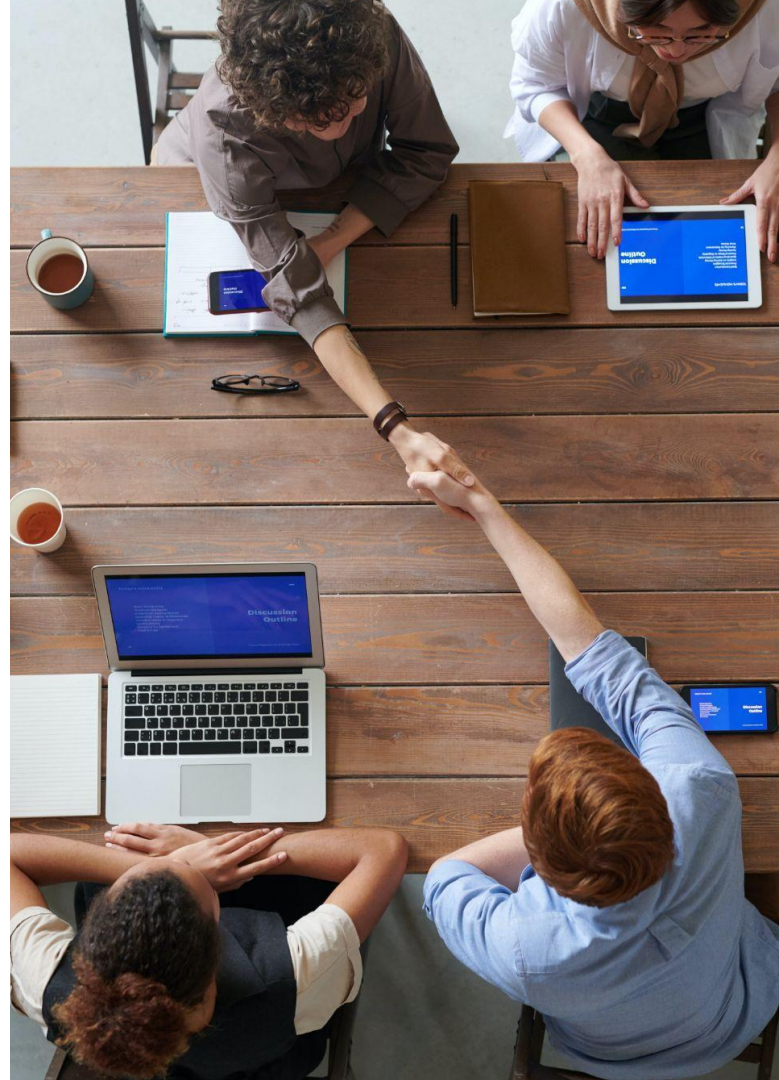
Learning Outcomes

IOU chapter members will practice identifying barriers and using the 4 D's in response to scenarios.

IOU chapter members will implement bystander training and promote active bystander commitment on their campus.

IOU chapter members will appraise the role of social norms misperceptions on their campus.

INTRODUCTIONS



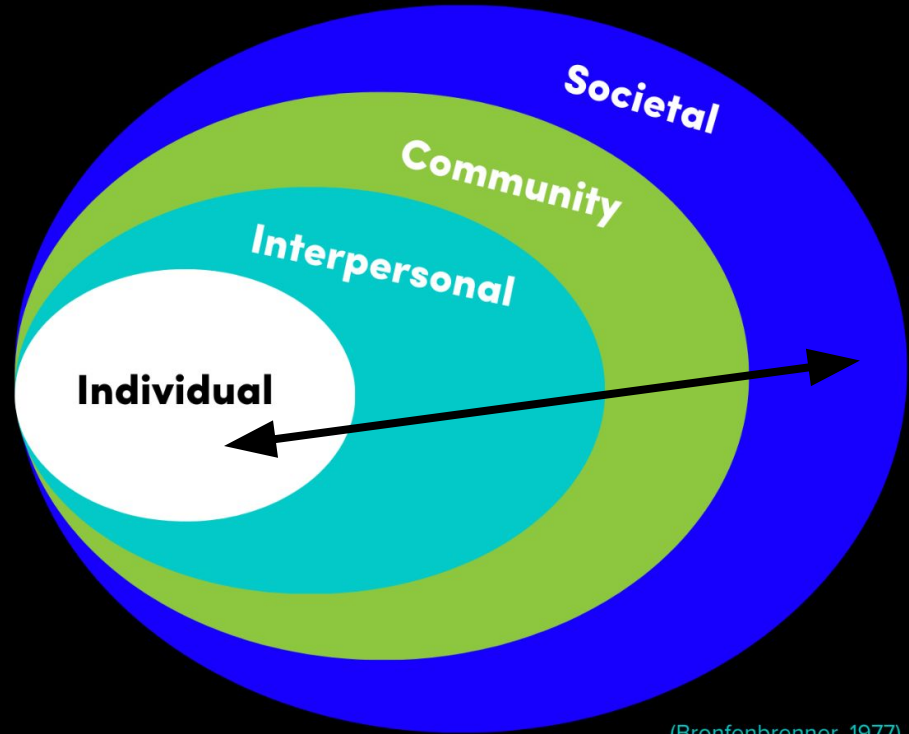
SELF-CARE CHECK



PREVENTION THEORY REFRESHER



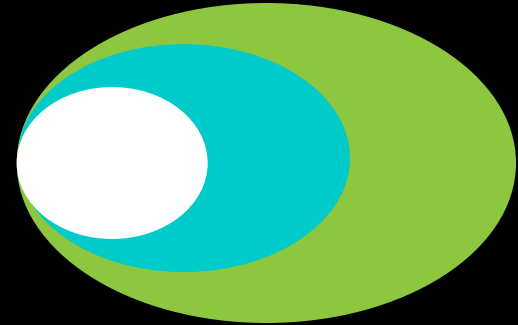
Primary Prevention: Strategy & Theory



(Bronfenbrenner, 1977)

Community Level Protective Factors

- Safe spaces for people with systematically marginalized identities
- Egalitarian social norms
- Community responsibility in ending violence
- Coalition among community groups and members
- Alcohol alternative activities



SOCIAL NORMS





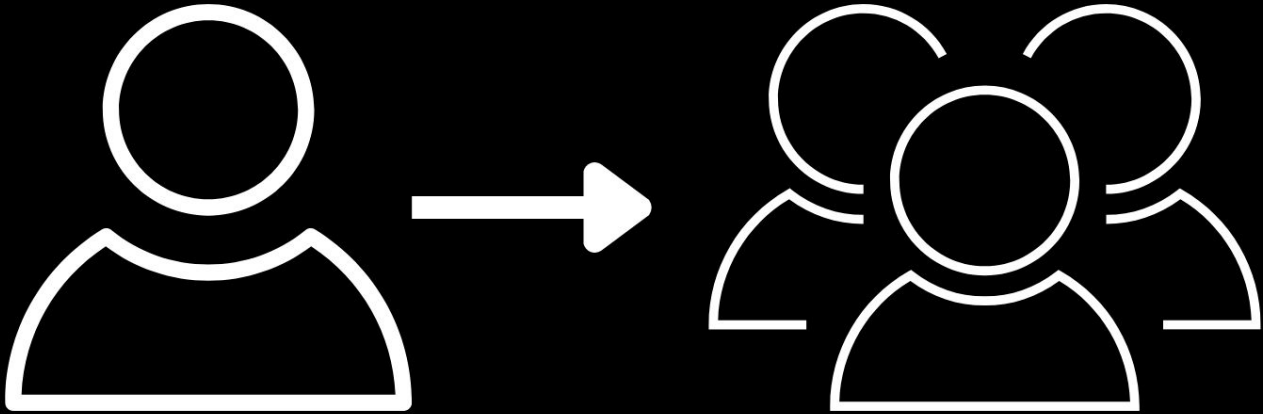
= AGREE

Norm =

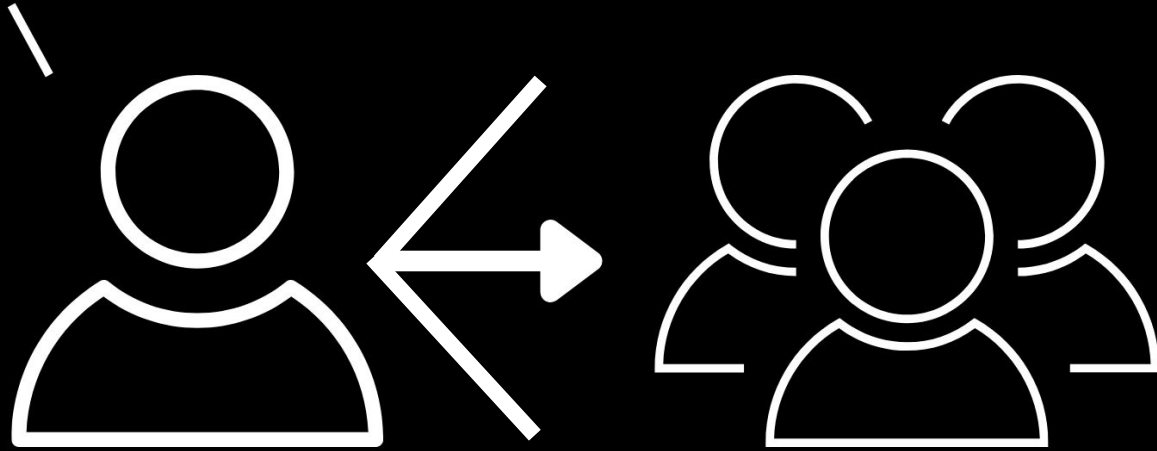
something that is usual, typical, or standard

Social Norm =

informal, unwritten rules that define what is acceptable and appropriate behavior within a group or community



They all think this is ok.

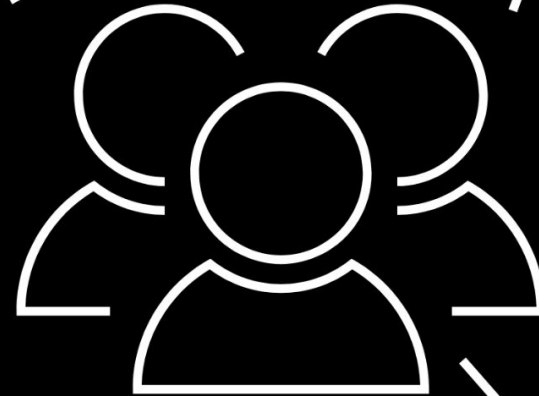
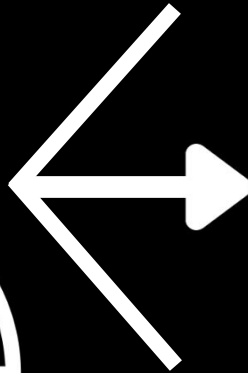


laughter

They all think this is ok.



I'm so uncomfortable!



I don't know how to respond to that...

laughter

That was a weird joke to make.

Social Norm Misperception

**No one is
responding.**



**They must
think it's ok.**



**I won't say
anything.**

**Most of my
peers do it.**

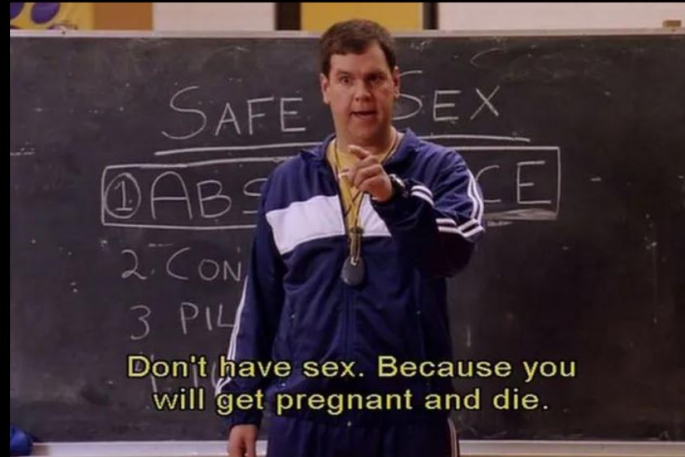


**They must
think it's ok.**



**I should
also do it.**

Examples



SAY WHAT THE REST OF
US ARE THINKING

hey, no
means no

90% of Berkeley undergrads
would stop having sex with a
partner if they said to stop

#WECARE
Source: 2018 MyVoice Survey

74% OF COLLEGE MEN WOULD INTERVENE TO PREVENT A SEXUAL ASSAULT

Source: University of California

Be a Friend

With a few well-timed words or actions, you
could save a friend from becoming a victim of
sexual assault. Be their downing ring one.

RAINN operates the National Sexual Assault Hotline
24/7: 1-800-656-3891, Text: Text4Safety 1-877-576-8441
For more info or help call, visit rainn.org



95%

of NAU students
would not have sex with
someone who's drunk.

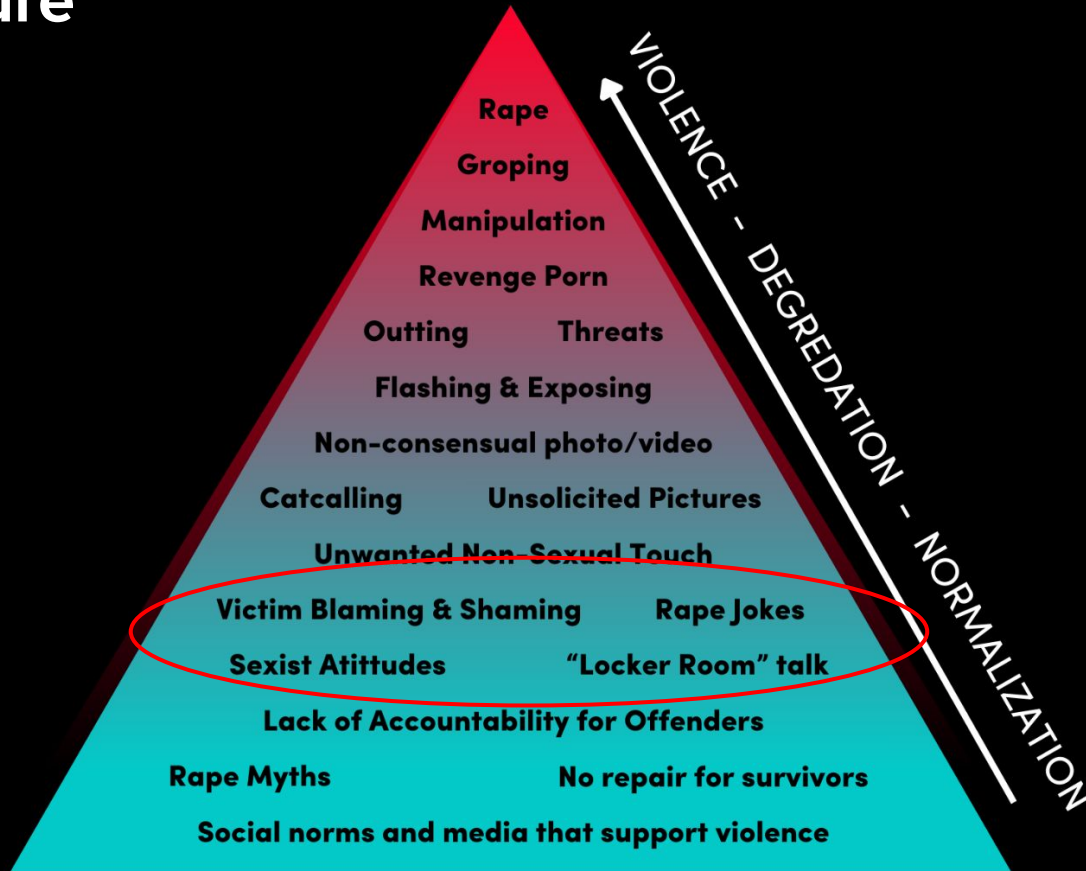
NAU Campus Climate Survey, 2019
N = 2547

NAU NORTHERN ARIZONA
UNIVERSITY

Scan with camera
for sexual assault resources



Rape Culture



BYSTANDER INTERVENTION



BYSTANDER INTERVENTION

Traditionally, what are ways that our culture tells us to avoid sexual assault?

BYSTANDER INTERVENTION

What are some reasons why we do not act when we notice behaviors or witness a situation that does not seem right?

BYSTANDER INTERVENTION

Everyone has barriers to acting.

- Fear of social consequences
- Distrust of ourselves
- Unsure what to do
- Concerns for safety

BYSTANDER INTERVENTION

Knowing what barriers you might be facing, you can do something by using the 4 D's!

DIRECT

Say something to those involved.

DISTRACT

Create a distraction to defuse tension.

DELEGATE

Ask someone with authority or familiarity to help.

DELAY

Check in later.



Remember! Safety is key. You cannot help someone if you put yourself or someone else in danger.

DIRECT. DISTRACT. DELEGATE. DELAY.

You're at a pregame with some friends. Your friend Tim shows up a little late. He's with the girl he's been talking to for the last few weeks, Kayla. After a few games, you're all ready to head out for the night. As she goes to leave, Kayla gets up and stumbling towards Tim, she slurs as she speaks and says, "what if we just went back to your room?" Tim leans over to you and says, "Looks like I'm in for some fun tonight."

DIRECT. DISTRACT. DELEGATE. DELAY.

You're getting coffee with a classmate to work on a group project. While you're waiting in line, you see your friend Jordan. Jordan is with their partner, Cam. You haven't seen Jordan in awhile. Ever since they started dating Cam, they haven't really been around. As you start to walk in their direction, you realize that Cam seems very angry and Jordan looks really uncomfortable.

DIRECT. DISTRACT. DELEGATE. DELAY.

Taylor, who lived in your dorm first year, is in a class you're taking at the gym. A few weeks into the semester, you notice that every day after the class there is an older student waiting outside the classroom for Taylor. However, you've also noticed that Taylor seems like he's trying to avoid them. You know Taylor's roommate, you ask what might be going on, and find out the older student is Taylor's ex.

Why Does it Work?

Bystander intervention...

- Is a comfortable touch point for people to get involved in sexual violence prevention.
- Builds a shared sense of responsibility within communities.
- Grows our in-the-moment decision making skills, which can help promote healthy decision-making in sexual situations and relationships.
- Promotes a **social norm** that people care about safety in their community.

Bystanders are present for 1/3 of sexual assaults.



**It's On Us Toolkit:
TITLE HERE**

DAILY HABITS



- Drinking enough water
- Eating filling foods
- Getting enough sleep
- Talking to friends or family

Taking care of basic needs is the beginning!

SELF-SOOTHING



- Taking a bubble bath
- Getting a massage
- Zoning out on social media
- Cooking a cozy meal
- Doing something fun with others

Take time to tune out daily stressors.

MANAGE EMOTIONS



- Meditating or spiritual practices
- Exercising
- Snuggling up to a favorite movie
- Listening to calming music
- Venting to a friend

Practice regulating your nervous system with familiar things.

EMOTIONAL WORK



- Journaling
- Counseling & therapy
- Reflecting
- Feeling emotions fully
- Practicing coping skills

Work through your emotions towards healing.

HEALING WITH COMMUNITY



- Participating in cultural practices
- Engaging in spiritual or religious gatherings
- Group dancing or singing
- Advocacy and activism
- Group discussion or reflection
- Sharing a meal

Intentional community with others is the ultimate path to healing!

Post Training Survey

NEED NEW SURVEY LINK HERE

