

Welcome to **Teaching + Learning Tuesdays**

June 16, 2015 | 2:30PM

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Teaching + Learning Tuesday

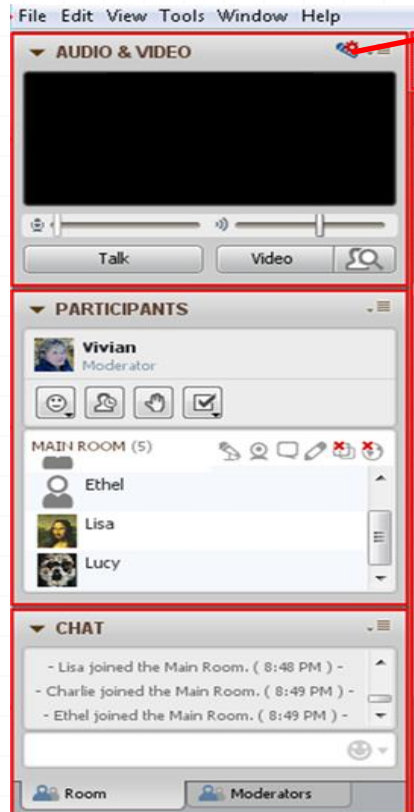
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Bystander Intervention Programs

Presenter:

Victoria Banyard, Ph.D.

Psychology and Prevention Innovations, University of New Hampshire



Teaching + Learning Tuesday





PREVENTION INNOVATIONS™

Research and Practices for Ending
Violence Against Women

Engaging Bystanders in Prevention of Violence on Campus

Victoria Banyard, Ph.D.

Psychology & Prevention Innovations
University of New Hampshire
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Webinar, July 16, 2014



It takes a village to prevent sexual violence.

What is a bystander?

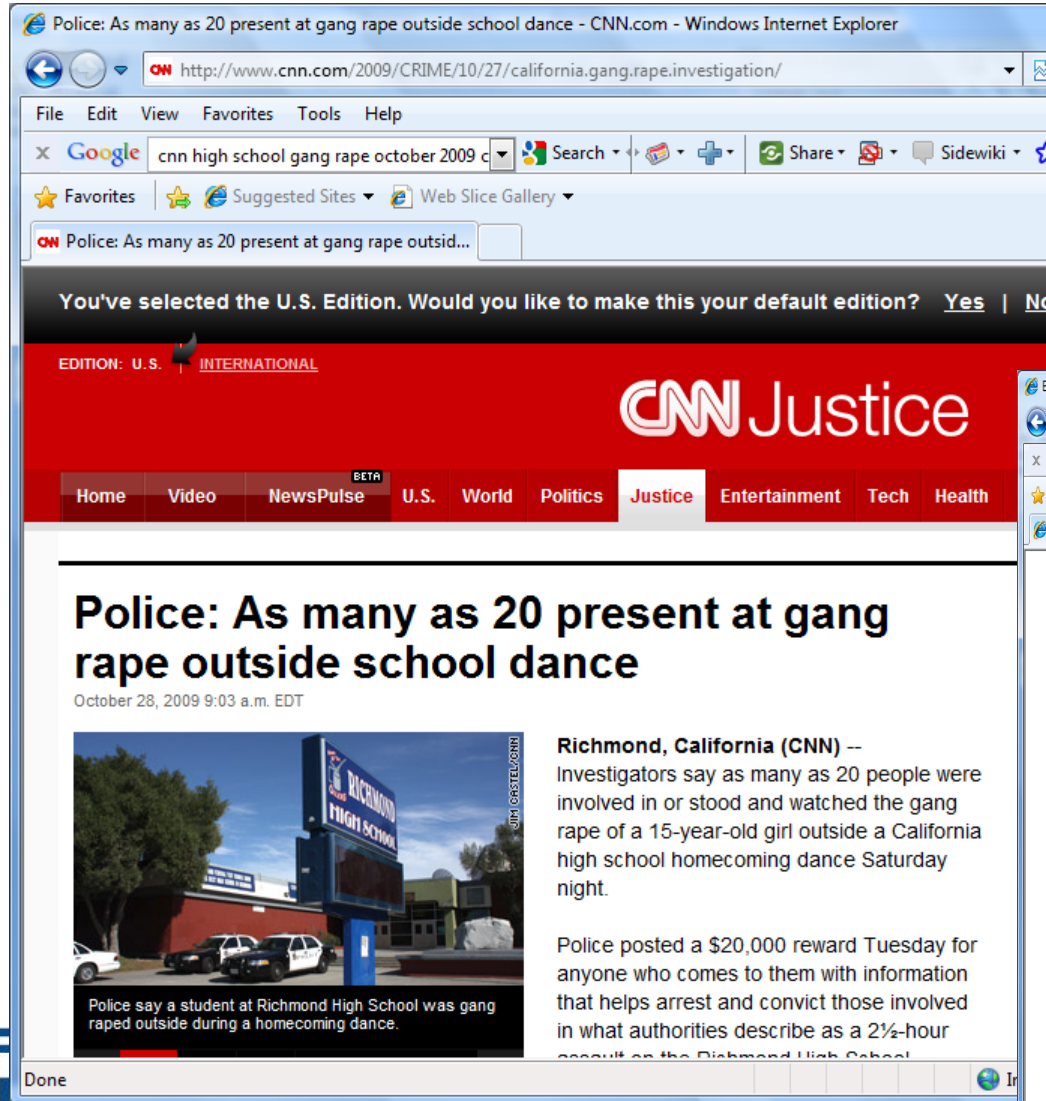
- "Throughout history, it has been the inaction of those who could have acted; the indifference of those who should have known better; the silence of the voice of justice when it mattered most; that has made it possible for evil to triumph." -Haile Selassie
- "The world is a dangerous place to live, not because of the people who are evil, but because of the people who don't do anything about it." -Albert Einstein
- *Bystanders* are individuals who witness emergencies, criminal events, violations of community norms (e.g. littering), situations that could lead to criminal events, or any situation in which others may need help and by their presence may have the opportunity to provide assistance, do nothing, or contribute to the negative behavior.
- *Pro-social or empowered or active bystanders* are individuals whose behaviors intervene in ways that impact the outcome positively. They may be involved *before, during, or after* an incident.
- Terms: *bystander, witness, defender, upstander*

A Historical Example



- For more than a half an hour, respectable, law-abiding citizens in Queens, NY watched a killer stalk and stab a woman in three separate attacks.
- Two times the sound of the bystanders' voices and the sudden glow of their bedroom lights interrupted the assailant and frightened him. Each time, he returned and stabbed her again.
- One witness called the police after the woman was dead. (The New York Times, March 13, 1964)
- Recent research disputes number of witnesses but lack of response still an issue.

Inactive Bystanders



Police: As many as 20 present at gang rape outside school dance - CNN.com - Windows Internet Explorer

http://www.cnn.com/2009/CRIME/10/27/california.gang.rape.investigation/

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CNN Justice

Home Video NewsPulse BETA U.S. World Politics **Justice** Entertainment Tech Health

Police: As many as 20 present at gang rape outside school dance

October 28, 2009 9:03 a.m. EDT



Richmond, California (CNN) -- Investigators say as many as 20 people were involved in or stood and watched the gang rape of a 15-year-old girl outside a California high school homecoming dance Saturday night.

Police posted a \$20,000 reward Tuesday for anyone who comes to them with information that helps arrest and convict those involved in what authorities describe as a 2½-hour assault on the Richmond High School.

Police say a student at Richmond High School was gang raped outside during a homecoming dance.



Search for suspects in Richmond teen gang-rape - KTVN Channel 2 - Reno Tahoe News Weather, Vide - Windows Internet Explorer

http://www.ktvn.com/Global/story.asp?s=11386588&clienttype=printable

2 NEWS

Search for suspects in Richmond teen gang-rape

Associated Press - October 26, 2009 6:04 PM ET

RICHMOND, Calif. (AP) - Richmond police believe as many as a dozen people watched a 15-year-old girl get beaten and gang-raped outside her high school homecoming dance but didn't report it.

One suspect is in custody for his alleged role in the assault. But police say as many as six other men raped the girl as she lay semi-conscious on a courtyard bench outside Richmond High School on Friday night.

Police say the girl left the dance around 9:30 p.m., then a classmate invited her to join a group drinking in the courtyard. The victim had drank a large amount of alcohol when the assault began.

She remained hospitalized Monday with non-life-threatening injuries.

Nineteen-year-old Manuel Ortega was arrested at the scene and is being held on suspicion of rape and robbery.

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THE INFORMER

UNIVERSITY OF HARTFORD

HOME CLASSIFIEDS NEWS OPINIONS ENTERTAINMENT SPORTS

Bystander Effect Still America's Downfall

by DANIELLE HUPPKE ON APRIL 22 2010 IN OPINIONS

Over a two-hour period on Saturday evening in late October 2009 a 15-year-old California girl was allegedly gang raped and beaten right outside of her high-school homecoming dance.

While hundreds of students were gathered in the gymnasium, many were convened in front of the alley where the rape was occurring stopping to have a quick laugh and snap a few photos.

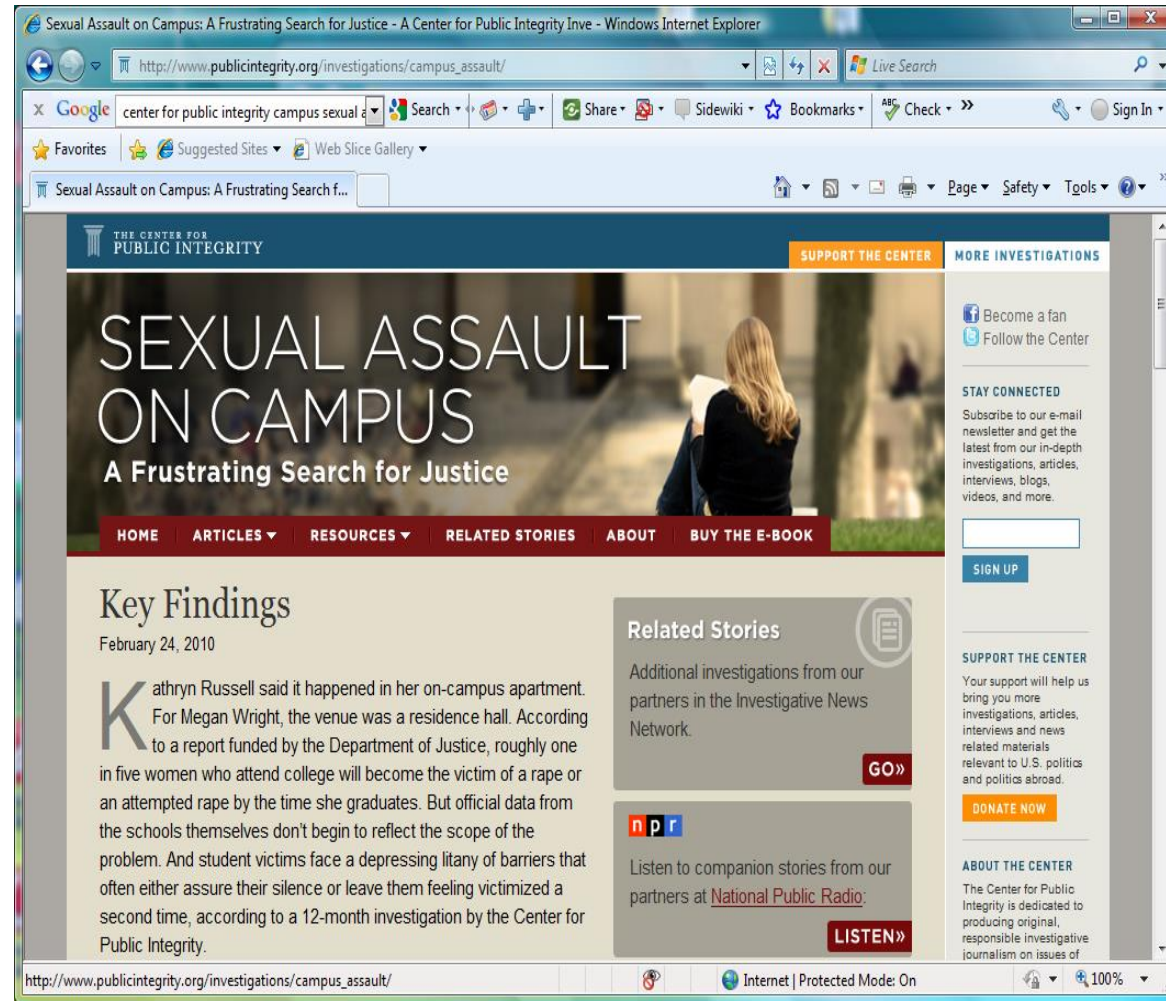
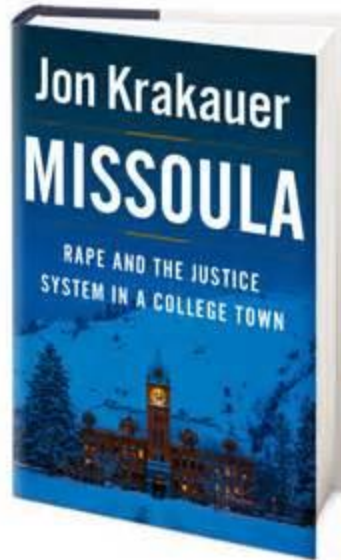
Lt. Mark Gagan of the Richmond Police Department told CNN.com, "As people announced over time that this was going on, more and more people came to see, and some actually participated."

Gagan also stated that the witnesses of this horrendous crime failed to report

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Unresponsive communities



Empowered Bystanders

June 9, 2009
18 AND UNDER

At Last, Facing Down Bullies (and Their Enablers)

By PERRI KLASS, M.D.

'Without her information, who knows what would have happened. It could have been even more horrific than it was. This guy obviously felt like he had nothing to lose.'

PLYMOUTH POLICE CAPTAIN MICHAEL BOTTERI

Tape tells how rescue triggered

► RESCUE

Continued from Page B1

oner for three days during which he raped the woman repeatedly as her son looked on.

"All I knew was that a woman was in need of help and I was going to get it to her," Dinon said in an interview yesterday. "I definitely think my work put me in tune with her. I was in tune with her emotions."

Prosecutors plan to ask a judge tomorrow to keep Doirado in jail for 60 days without bail, a step they argue is necessary because Doirado is a dangerous sociopath.

"His release would pose a danger to the community," said Bridget Norton Middleton, a spokeswoman for Plymouth County District Attorney Timothy J. Cruz.

Police have not identified the woman and her son because she is the alleged victim of a sex crime.

Court documents said that Doirado used a 13-inch carving knife to force the woman and her 2-year-old into a car, where he allegedly raped her. They drove to the Pilgrim Sands Motel in Plymouth, where she was repeatedly assaulted according to the documents.

On Monday at about 6 p.m. Doirado allegedly sought to purchase beer at Bradford's Liquors store but lacked identification. Three hours later, they returned. He sent the woman in while waiting at the front door.

The woman mouthed "help" to a customer, who told Dinon, said liquor store employees. Dinon works days as a court advocate for battered women with the South Shore Women's Center in Kingston. A brief and quiet exchange convinced her that the woman had been victimized.

"She mouthed 'help' and 'Pilgrim Sands.' I whispered to her that I would help her," Dinon said. "When she wouldn't look at me, I knew she didn't want the man to see."

But Dinon had no idea what was wrong.

"His eyes were glassy," she said. "I thought it was a woman in distress with her husband drinking."

Dinon said that she tried to delay the woman's departure with small talk about Christmas, but that the man quickly spirited them away.

Dinon immediately called 911. "She's with a guy, they're at

Pilgrim Sands . . . and she's saying help," Dinon told the 911 operator. "I don't know if he's doing something rude to her, harming her, or whatever."

Within a minute, Plymouth police were en route to the motel about 1½ miles from the liquor store.

Dinon was later stunned by the story of brutality that the woman related to police. The next day, she visited the woman at Jordan Hospital.

"She screamed, 'My savior!' She hugged me for about 10 minutes," said Dinon. "I told her she was safe now."

Authorities praised Dinon's actions that night.

"Without her information, who knows what would have happened," said Captain Michael Botteri of the Plymouth police. "It could have been even more horrific than it was. This guy obviously felt like he had nothing to lose."

"Her observations were keen," Botteri said. "She acted exactly right."

Raja Mishra can be reached at rmishra@globe.com. Globe correspondent Chase Davis contributed to this report.

KTVU.com

Witnesses To Alleged De Anza Rape Speak Out

POSTED: 10:10 pm PDT May 22, 2007
UPDATED: 9:43 pm PDT May 24, 2007

SAN JOSE -- Two young women who say they intervened during a savage assault at a college party are speaking out in an exclusive television interview. The women say they witnessed a rape last March that involved members of the De Anza College baseball team, and they are now outraged that the Santa Clara County District Attorney has chosen not to prosecute the case.

The DA says there is insufficient evidence to bring charges against the eight members of the De Anza baseball team, but Tuesday night KTVU Channel 2 spoke with the two young women who say they were at the party and rescued from a sexual assault a 17-year old girl they had not known until that night. Their story is graphic.

Lauren Chief Elk and April Grolle are 20-year old De Anza College students and teammates on the school's soccer squad. They were leaving a party at a house when they realized something wrong was going on in a back room where the doors were closed and the lights were off.

"We heard and saw a girl tapping on this door in the kitchen saying 'There is a girl in there with eight guys,'" explains Chief Elk.

They say they tried to get into the room, but were confronted by a baseball player.

"[He said] 'Mind your own business; she wants to be in here' and slams the door," says Grolle.

What they saw

"When I looked and a guy on to when I saw that

"I saw that this girl out of there

April and Laure were shocked v

"This poor girl v her mouth [anc shoe one, her] ankles. To the l

"When they lift who was in the

Lauren Chief El

<http://www.ktvu.com>

Related To Story



Video: SAN JOSE. Lloyd LaCuenta Talks To Witnesses Of Alleged De Anza College Rape In Exclusive Television Interview

Tape tells how clerk set rescue in motion

By Raja Mishra
GLOBE STAFF

The woman was virtually silent, but her mouth conveyed hidden torment to liquor store clerk Susan Dinon.

An advocate for battered women, Dinon immediately recognized that something was amiss Monday night at Bradford's Liquors in Plymouth. The woman, clutching a little boy, surreptitiously mouthed the word help to Dinon, as a man stood menacingly at the doorway. As soon as the three left, Dinon called 911.

"She was saying help, help, help," said

Dinon calmly to the 911 operator, according to a tape of the conversation released yesterday by Plymouth police. "I don't know if she's afraid of him or what's going on, but I couldn't get more out of her."

The 911 tape released yesterday captures the moment that saved the woman and her son from worse horrors, thanks to a liquor store clerk with a background that made her uniquely inclined to take the woman's hushed pleas seriously.

Minutes after the 911 call, Plymouth police would arrest Evandro S. Doirado, 28, at a nearby motel. He is charged with abducting the woman and boy from a parking lot at a Framingham Wal-Mart Saturday night, then holding them pris-

RESCUE, Page B7

'She's with a guy, they're at Pilgrim Sands, and she's saying help.'

SUSAN DINON
Store clerk

U. of Wisconsin Marching Band Director Mike Leckrone

Suspended all public events of the famous 300-member band after drunken sexual hazing



"I'm not sure society does a good job of getting this across, but there comes a point where if you want respect for your group or organization, you have to set your group apart from some aspects of society," Leckrone said. "There has to come a point where just because society says it's OK to do certain things, you have to say it's not OK for me. I am sure that many band members never saw anything and did not even know anything about it. But I also believe there had to be other members who observed what was going on and could have stepped up to say 'Stop that,' but didn't."

Copyright 2005 David Lisak

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Social marketing campaigns

<https://www.youtube.com/watch?v=9zr1oxEbdsw>

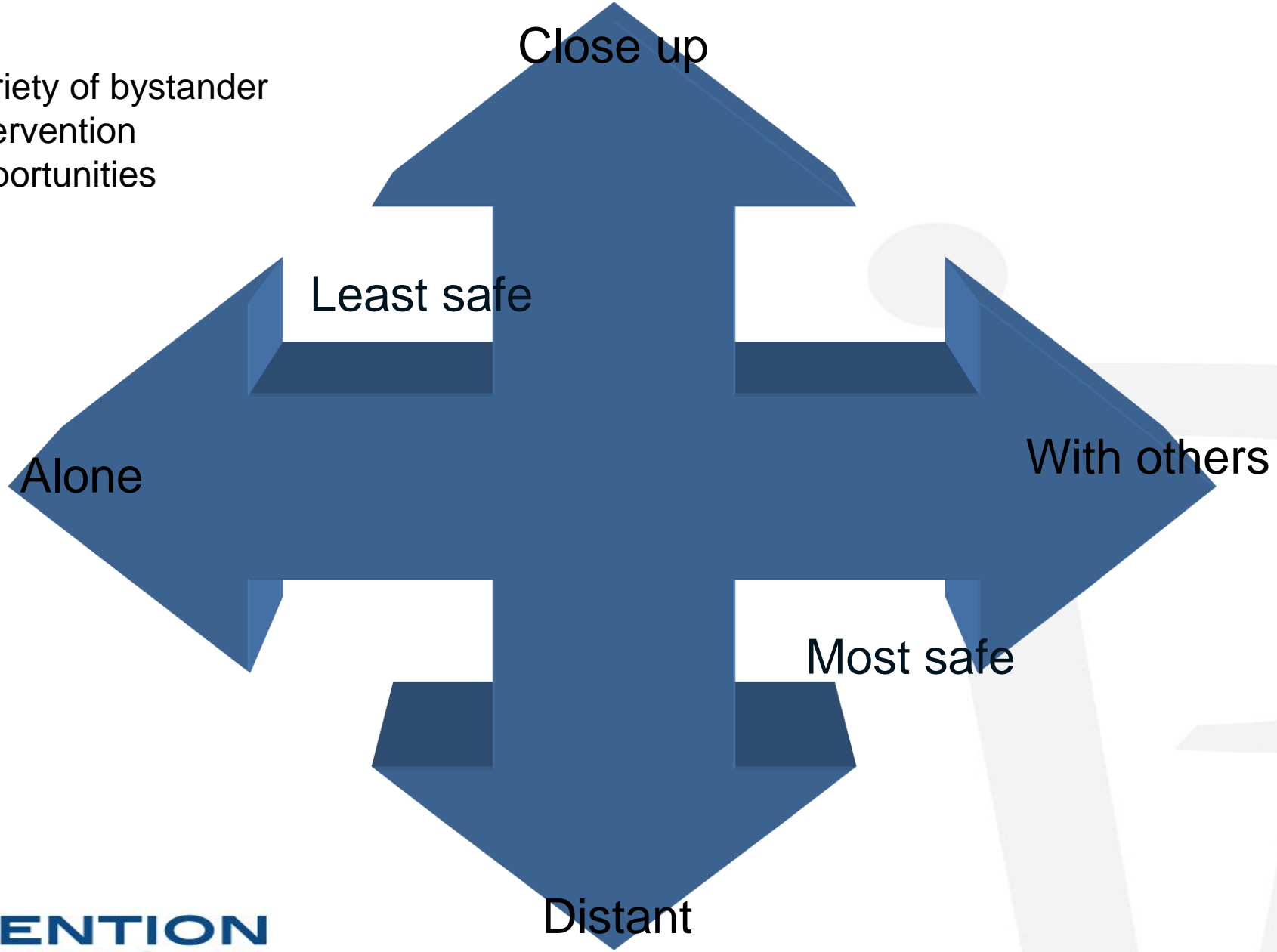
Who are you? New Zealand

When Can I help? (McMahon & Banyard, 2011)

Reactive Bystander Opportunities	Primary Prevention (before the assault)		Secondary Prevention (during the assault)	Tertiary Prevention (after the assault)
	Low risk	High risk		
	<ul style="list-style-type: none"> • Friends make a sexist joke or use sexist language to describe women and girls • Activities or rituals are held where women's bodies are ranked or rated • Pornographic or sexualizing posters of women and girls are displayed • Friends make rape or abuse jokes • Friends or classmates blame a victim of sexual violence in conversation or class 	<ul style="list-style-type: none"> • A friend is bringing an intoxicated woman to his room • A friend says he plans to intoxicate a woman to have sex • A woman is being harassed by a group of men • A woman who is passed out on a couch is being approached or touched by a man 	<ul style="list-style-type: none"> • Witnessing a group rape • Hearing cries for help or distress • Walking in on a situation where an individual appears to be either physically forced or verbally coerced into sex • Directly observing an intoxicated victim being sexually assaulted by a perpetrator 	<ul style="list-style-type: none"> • A friend or classmate discloses that she is a survivor • A friend is seeking information for herself or another person on where to go for help for an assault • There is suspicion that a friend or classmate is a perpetrator • Authorities or residence life are looking for information on a possible sexual assault • A police or judicial investigation needs corroboration
Proactive Bystander Opportunities	<ul style="list-style-type: none"> • Taking a course on gender based violence • Joining a peer education group • Participating in Take Back the Night • Volunteering at a local sexual assault organization • Arranging an educational program on sexual assault for a dorm or student organization • Changing student organizational policies to address sexual assault 			

Figure 1. Nomological network of bystander opportunities for the prevention of sexual violence.

Variety of bystander
intervention
opportunities



Expanding our ideas of bystanders

- Diffusion of Innovation theory
 - Early adopters
 - Peer norm setters
- Community leaders
 - Resource gatekeepers
 - Policymakers
- Capable guardians
 - Bartenders
 - Teachers
 - Spiritual leaders



Why focus on bystanders?



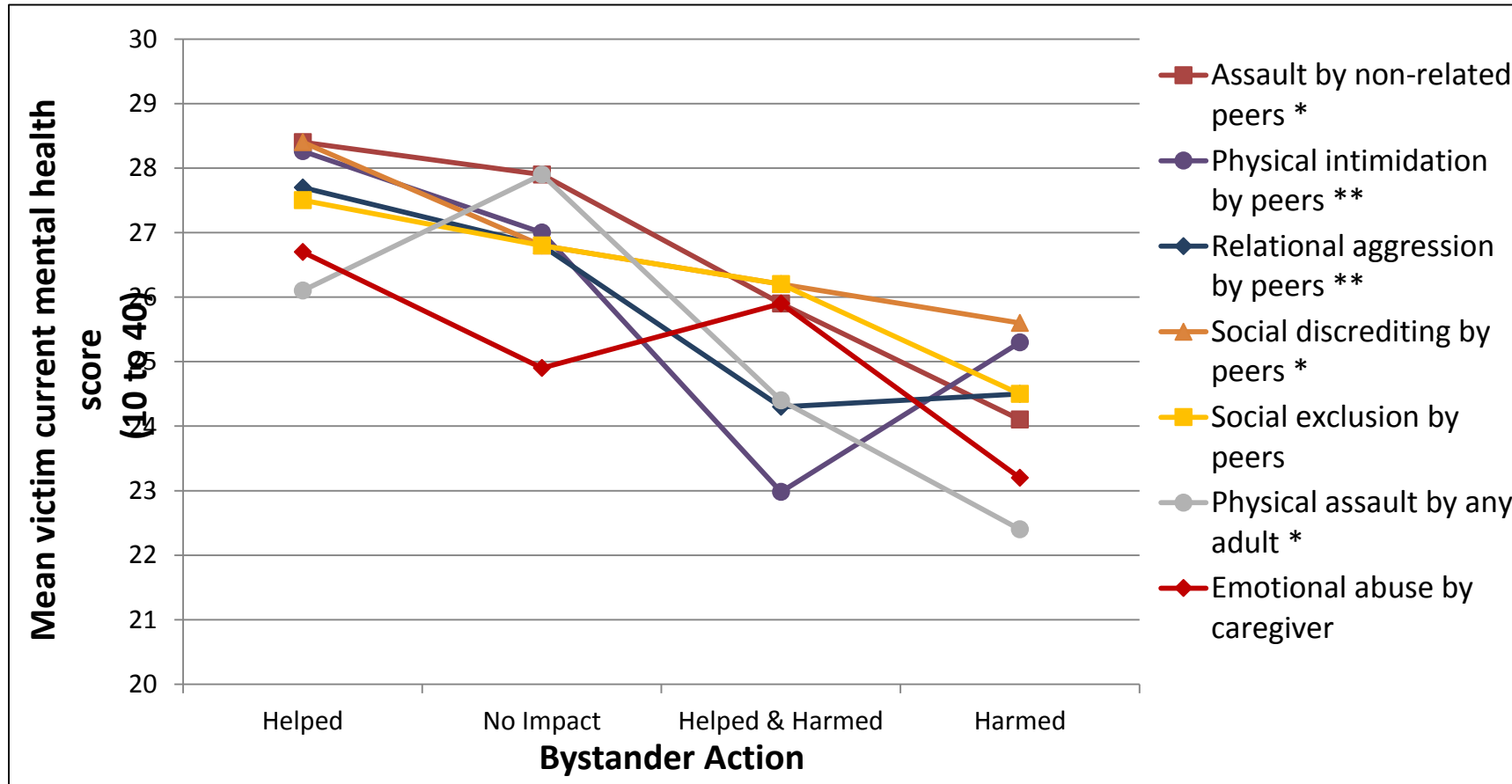
Across the prevention spectrum

- Community and peer norms as risk factors
- “capable guardians”
- Encouraging/mobilizing wider community response and social change
- Safety nets for survivors

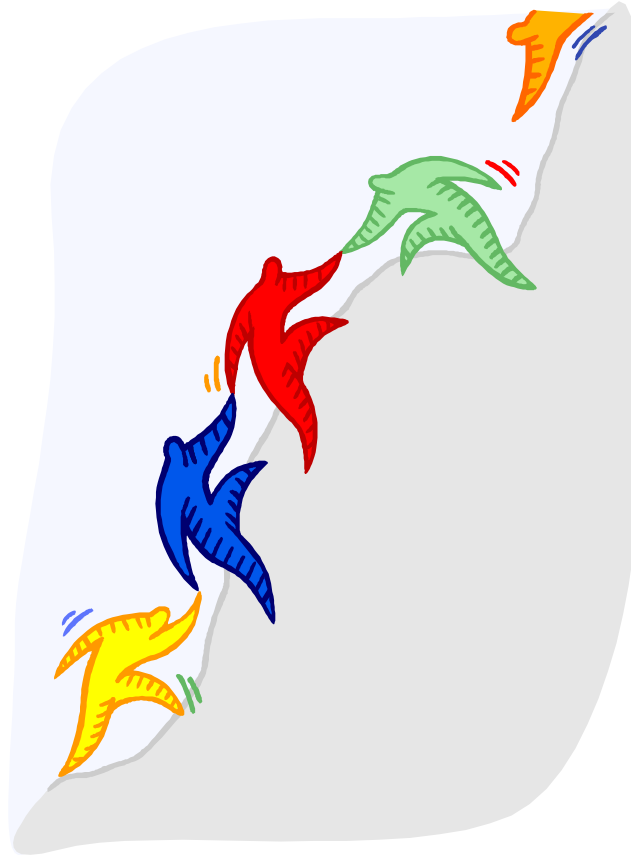


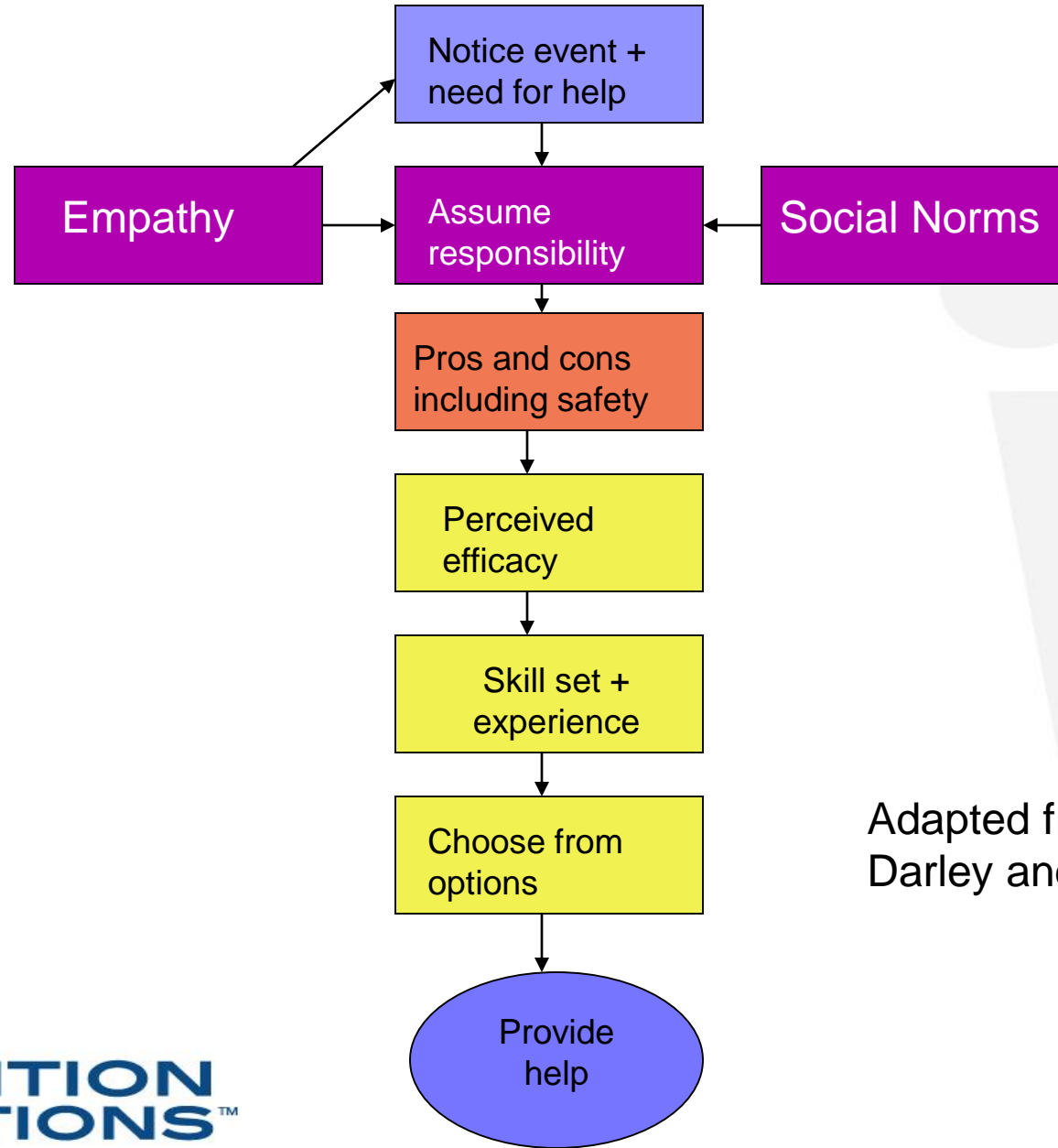
Bystanders Can Help

(Hamby, Weber, Grych, & Banyard, under review)



How do we promote positive bystander actions?





Adapted from Latane and Darley and Dovidio.

Examples from Bringing in the Bystander TM

- Social marketing campaign (Potter & Stapleton)
- In-person educational workshop (Moynihan, Eckstein, Banyard)

© University of New Hampshire

AWARENESS/KNOWLEDGE:

“I didn’t know if it was like my place. Like I didn’t know what the procedure was in a situation like that”

- Need to notice risk factors
- Need to define the situation as a problem
- Build awareness that bystanders can help: help prevent and help reduce negative consequences for victims.
- Build community norms that support helping and stepping in
- Extend community helping norms to SV and IPV



“All of the sudden I could hear like yelling. Like severe yelling and then I heard like hysterical crying so I came out of my dorm room”

“it didn’t seem like an, of course anything can always escalate, but it didn’t seem like it was too heated, it was just a verbal disagreement”



Increasing awareness Social Marketing Campaigns

RESPONSIBILITY

“I kinda have just a really strong trust with the majority of my friends and I also don’t want them to be harmed so I would put myself out there for a friend...”

- **Perceptions of the victim**
 - Victim empathy
 - In-group versus out-group status
- **Social norms**
 - Against sexual violence
 - In favor of intervention
- **Characteristics of the situation**
 - Diffusion of responsibility



“Cause she was just like ‘I’m fine’ and that’s all she said. But she really didn’t make eye-contact, so I felt really uncomfortable. I was just really concerned that there was something going on. It was just my automatic response that she might need help”

“I did it just because if I was in that situation, or if one of my friends was, I would want someone to tell me”

“I kinda have just a really strong trust with the majority of my friends and I also don’t want them to be harmed so I would put myself out there for a friend...”

“I stepped in partially because we were losing her as a friend. And she’s been my friend for a long time so it was more like I had to step in or she was gonna get lost in the shuffle and sort of disappear from us”

Responsibility

BYSTANDER PLEDGE

I pledge to

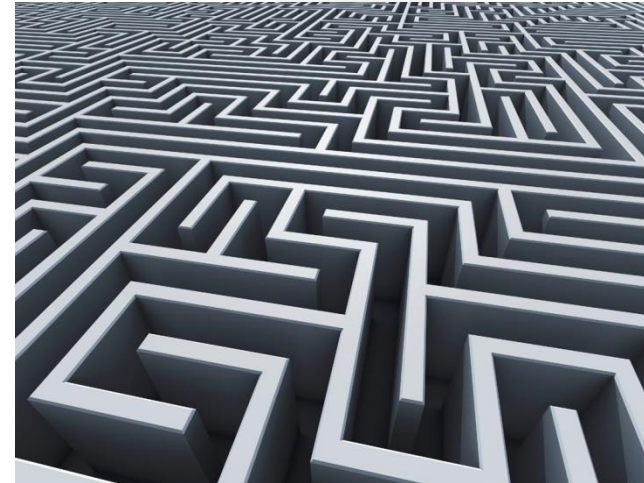
- Express my outrage about rape and all forms of sexual violence.
- Talk to other community members about sexual violence.
- Interrupt sexist jokes that objectify women and girls.
- Seek information about why sexual violence is so prevalent in our society and how I can help prevent it.
- Change anything I may be doing that contributes to sexual violence.
- Support and encourage men and women to take responsibility for ending sexual violence.
- Listen to my friends' and partners' fears and concerns for safety.
- Pay attention to cries for help and take action.
- Challenge images of violence against women in advertising and entertainment.
- Support women and men working together to end sexual violence.
- Nurture myself and be aware of my personal safety.
- Believe and support women, children, and men who have experienced any form of sexual violence.

Name and Date

Witness and Date

PROS/CONS/PERSONAL SAFETY

- Weigh pros and cons
- Barriers
- Beliefs about outcomes

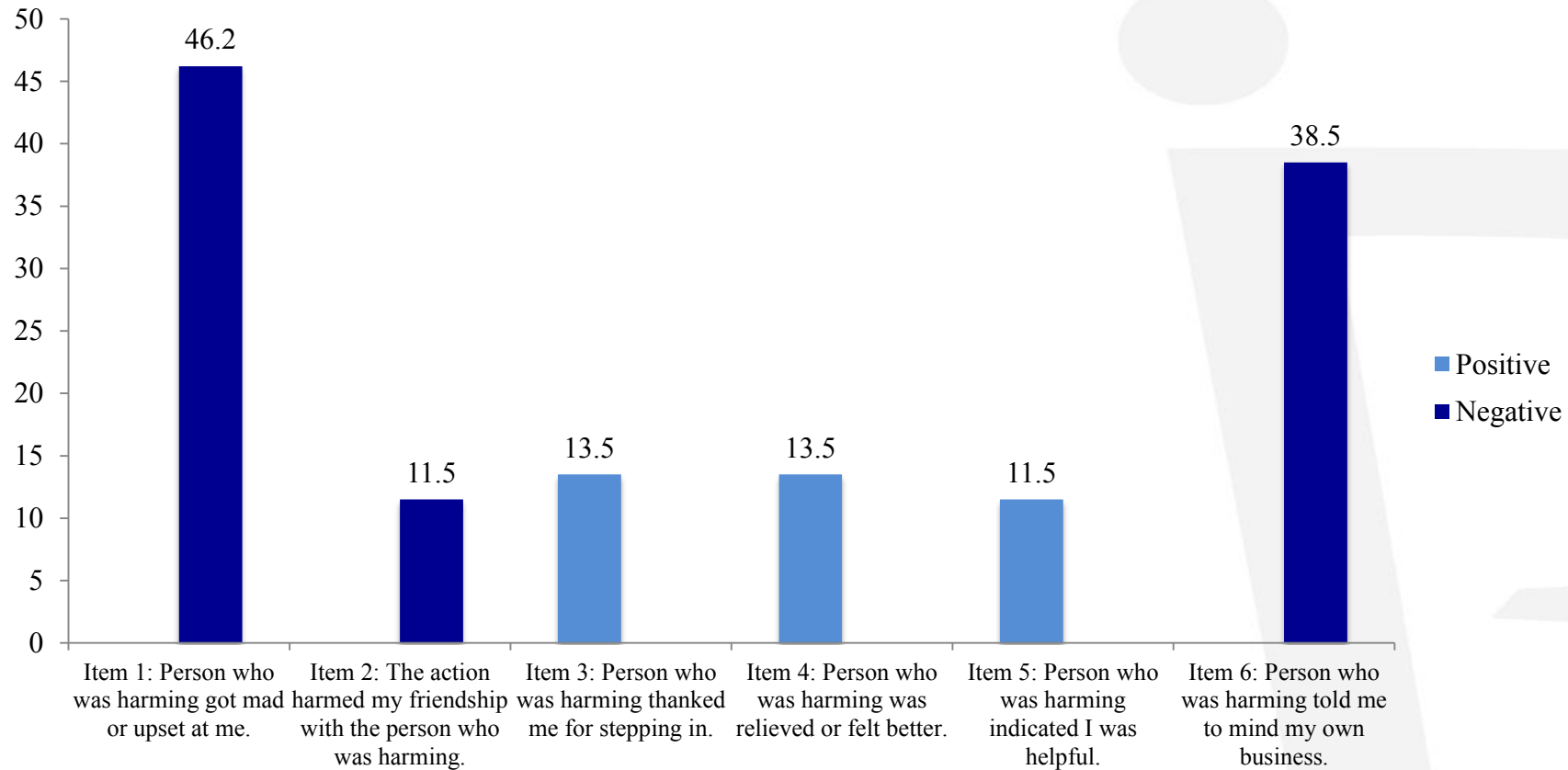


“they’re almost afraid like ‘Okay, well we can’t really help this kid because we’re drinking too so we’re all gonna get screwed”

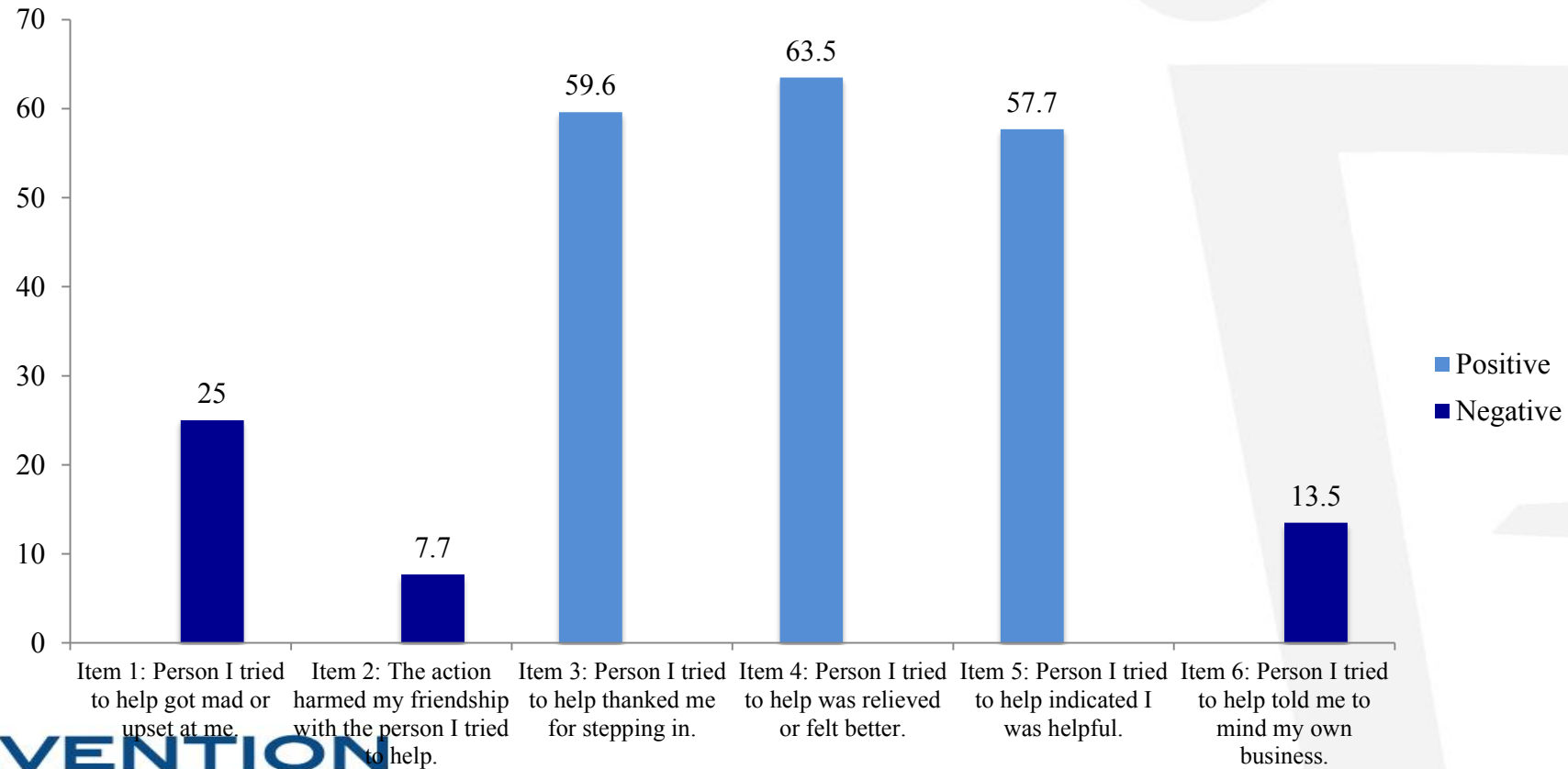
“the feeling of being judged, you know like, ‘oh you would so do that.. like teacher’s pet’ or something like that. You know like judgment from other classmate”

“I do feel a little more... Due to my experiences, I do feel like I’m a little more easily swayed to help a situation... I do feel more comfortable intervening after four years of being here”

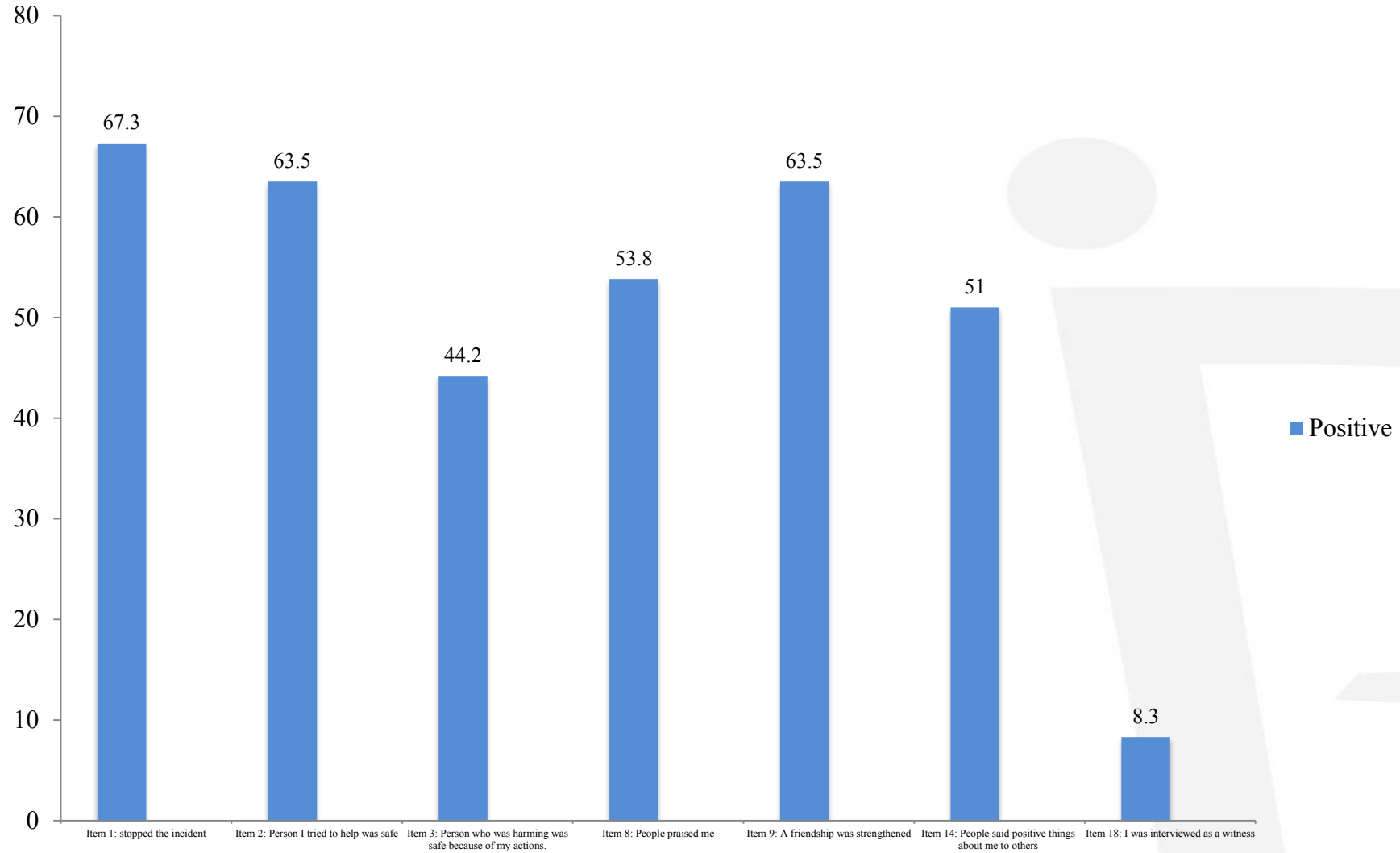
Frequency (%) of Outcomes for the Person Harming



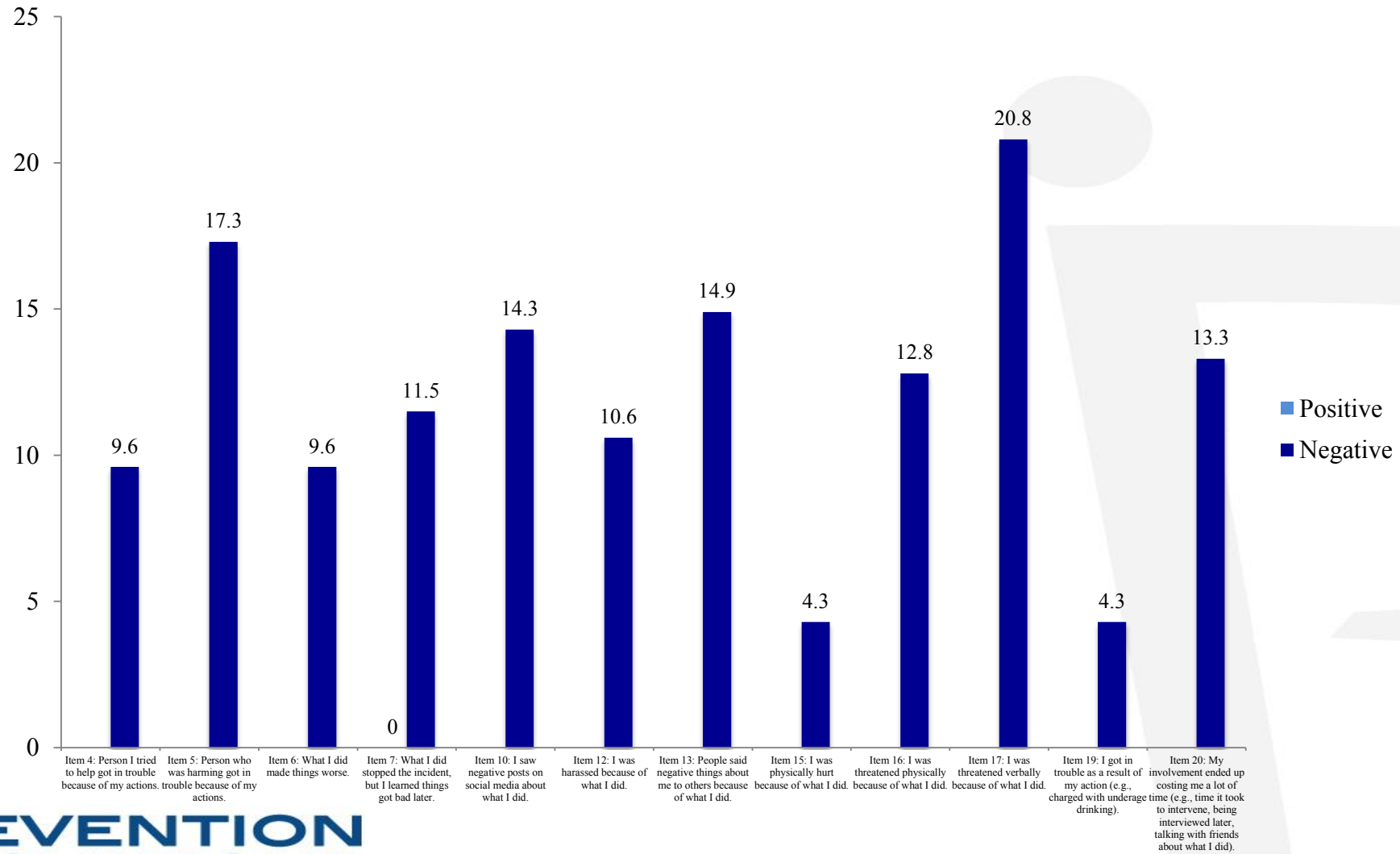
Frequency (%) of Outcomes for the Person Being Harmed



Frequency (%) of Other Outcomes



Frequency (%) of Other Outcomes



CONFIDENCE AND SKILLS FOR ACTION

- Increase confidence/ efficacy
- Need specific skill building experiences
- Need role models (POLS research)
- Need range of options (MVP program)





“I believe you”

“It’s not your fault”

“I’m here for you”

“How can I help?”

“You don’t deserve this”



SCENARIO THREE:

You are walking down the hall to catch the elevator to go to your room. When you pass a dorm room on the first floor you hear a man and a woman yelling at each other. The man is calling the woman a “slut” and other names.

Pros and cons of each option:

Nothing. It is none of my business.

Go to my room and come down in an hour to see if they are still “going at it.”

Go get my RA and discuss it with her/him.

Call 911.

Your own idea: _____

What do you do? How do you stay safe?

Bystander Safety

NUMBERS TO CALL

Emergency or Police

911

Sexual Harassment and Rape Prevention Program

862-SAFE (7233) (SHARPP)

New Hampshire Statewide Toll Free Hotlines

1-866-644-3574 (Domestic Violence)

1-800-277-5570 (Sexual Assault)

For more information about Bringing in the Bystander contact

www.unh.edu/preventioninnovations

prevention.innovations@unh.edu

The ABCs of Intervention “Active Bystanders Care”

Assess for safety.

Be with others.

Care for victim.

Bringing In the Bystander™

A Prevention Workshop for Establishing a Community of
Responsibility ©

Plante, Banyard, Moynihan, Eckstein

QUESTIONS TO ASK BEFORE I TAKE ACTION

- ✓ Am I aware there is a problem or risky situation?
- ✓ Do I recognize someone needs help?
- ✓ Do I see others and myself as part of the solution?

QUESTIONS TO ASK DURING THE SITUATION

- ✓ How can I keep myself safe?
- ✓ What are my available options?
- ✓ Are there others I may call upon for help?
- ✓ What are the benefits/costs for taking action?

DECISION TO TAKE ACTION

- ✓ When to act?
- ✓ Are resources available (people, phone, information)?
- ✓ ACT

HOW TO INTERVENE SAFELY

- ✓ Call police or someone else in authority.
- ✓ Tell another person. Being with others is a good idea when a situation looks dangerous.
- ✓ Yell for help.
- ✓ Ask a friend in a potentially dangerous situation if he/she wants to leave and then make sure that he/she gets home safely.
- ✓ Ask a victim if he/she is okay. Provide options and a listening ear.
- ✓ Call the local crisis center for support and options.
- ✓ See telephone numbers on the back of this card.

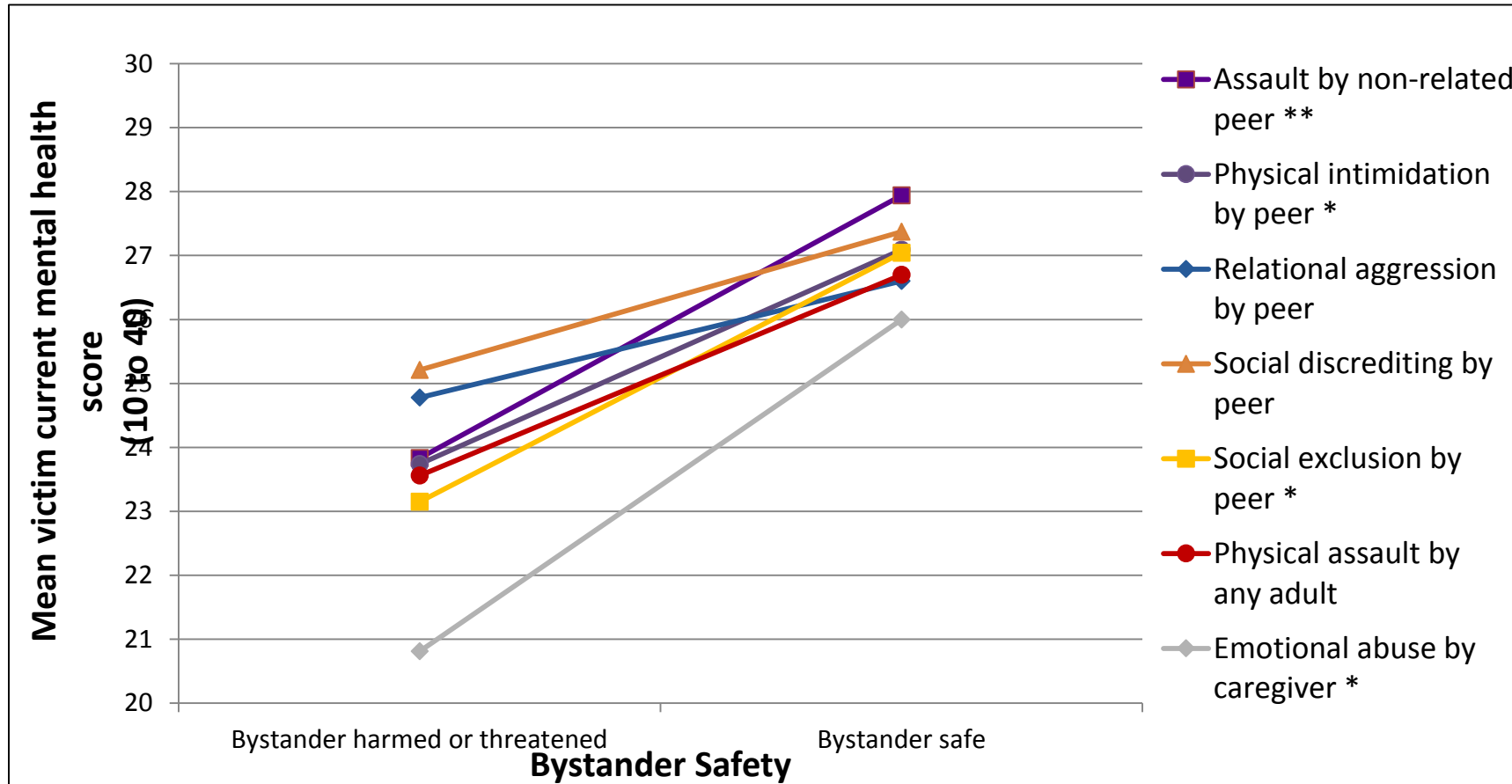
Complexities

- Different types of helping
- Who is helped?
 - Friends versus strangers
 - Victims versus perpetrators
- Consequences for bystanders
- Gender (topic for another day)



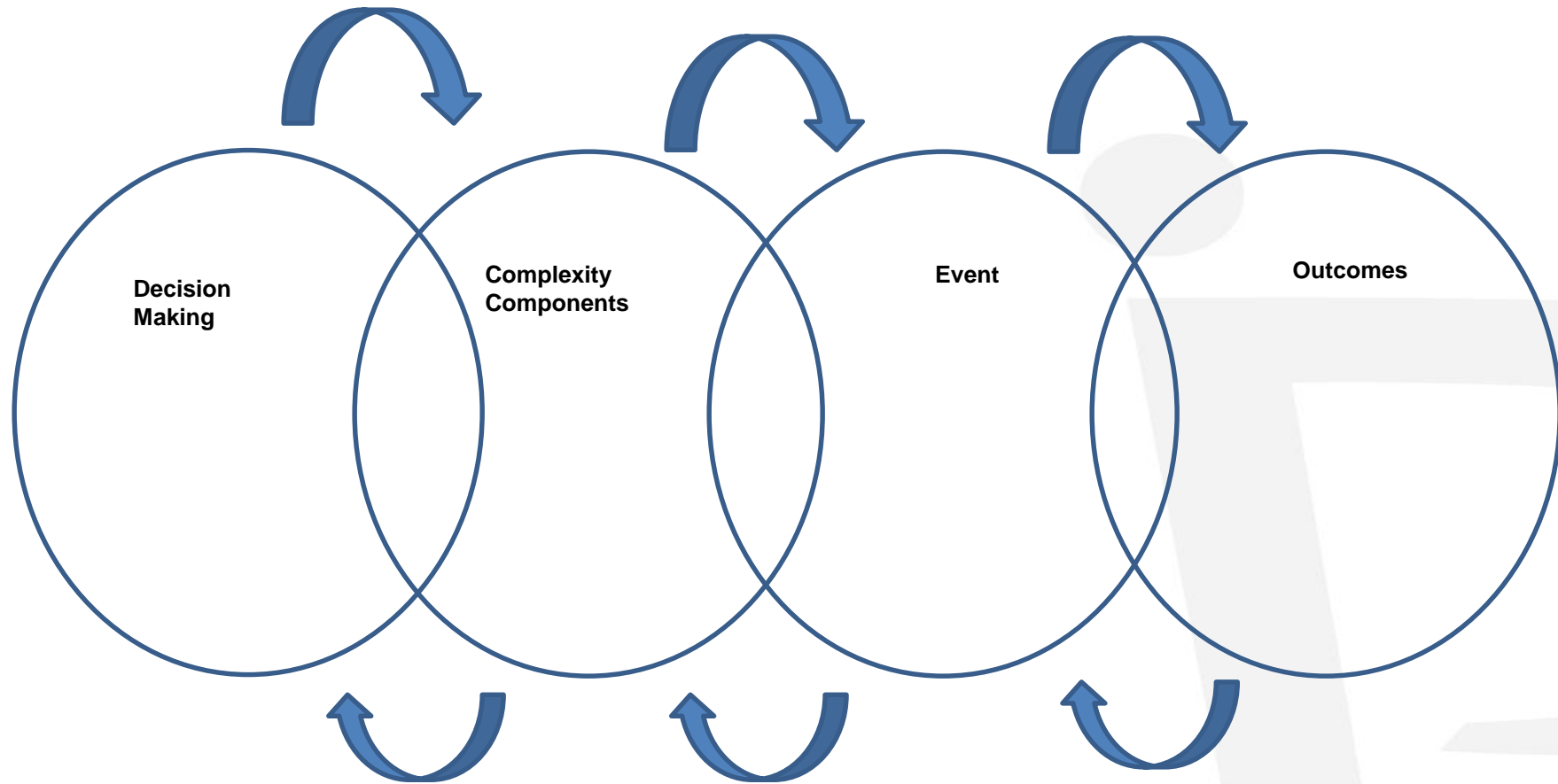
Consequences for Bystanders

(Hamby et al, under review)



Next Steps for Theory: Action Coils

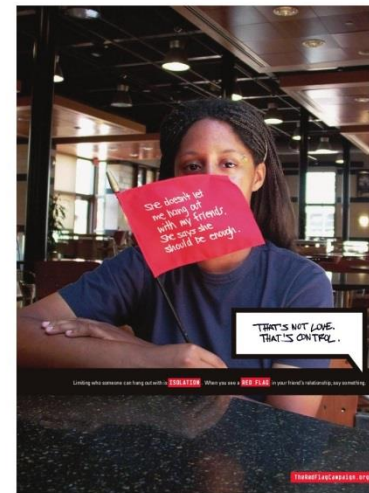
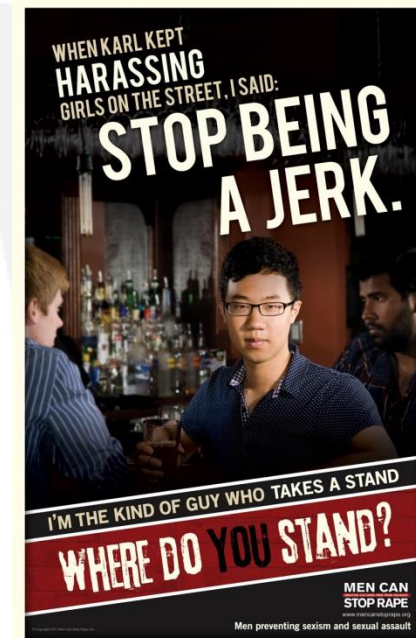
- **Feedback loops/spirals instead of linear steps**
 - Helping friends is not one time event
 - Consequences matter
 - Retaliation against victims, bystanders
 - Learning via experience over time
- **Context matters**
 - Consider position of bystander in community
 - Collective efficacy and trust in authorities
 - Leadership attitudes
 - Amnesty policies; alcohol policies/availability
 - Need to change wider setting not just individual curricula:
Shifting Boundaries is a good example.



Banyard (forthcoming) **ENGAGING COMMUNITIES TO PREVENT SEXUAL AND RELATIONSHIP VIOLENCE: Bringing in the Bystanders.** Springer Publishers.

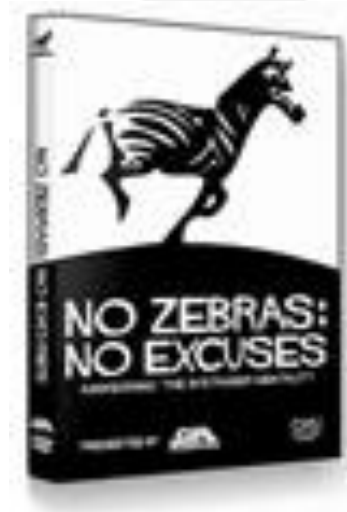
Where We Are

- Variety of audiences reached
 - Campus
 - Incoming students
 - Athletes
 - Greek members
 - Student leaders
- Middle and high schools
- Community
 - Safe Bars
 - Stop It Now!



- Variety of prevention methods
 - SMC
 - Theater
 - Online
 - Educational workshops
 - Parent based
 - Social media and apps (Circle of 6)

iSCREAM



What types of prevention are you using?

1. Social marketing campaigns
2. Theater
3. Online
4. Educational workshops
5. Parent or community leader based work
6. Social media and apps
7. Other (text into chat)



iSCREAM



RESULTS

- Programs have an impact on attitudes & behavior
- Need well trained prevention educators
- Multiple exposures
- Gender specific groups produce larger effects
- Effects decline over time
- Boosters can help preserve attitude change



Bringing In the Bystander



 PREVENTION INNOVATIONS™



What is the
evidence that this
works?

Experimental Evaluations

Part of this project was supported by Grant No. 2202-WG-BX-0009 awarded by the National Institute of Justice, Office of Justice Programs, U.S. Dept. of Justice. Points of view in this presentation are those of the authors and do not necessarily represent the official position or policies of the U.S. Dept. of Justice

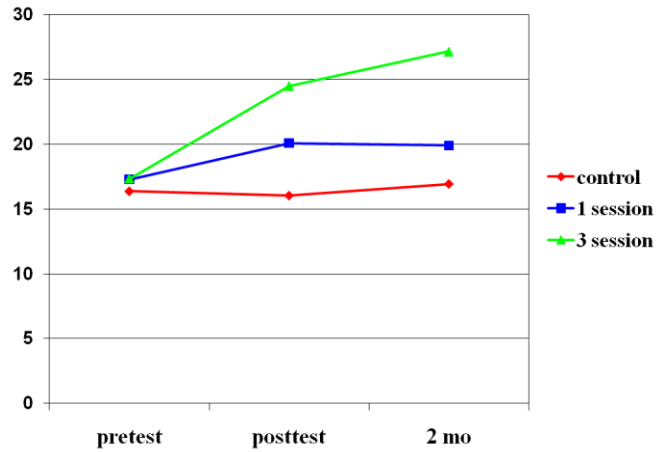
Centers for Disease Control and Prevention by grant number 5 R01 CE001388-02 (PI: Banyard). The content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention.

Banyard, V. L., Moynihan, M. M., & Plante, E. G. (2007). Sexual violence prevention through bystander education: An experimental evaluation. *Journal of Community Psychology, 35*, 463-481.

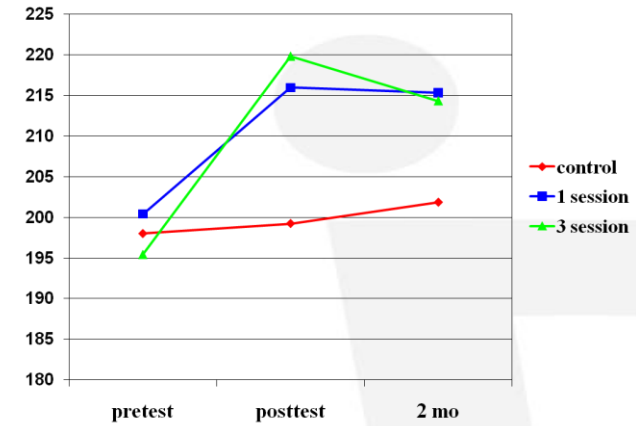
Moynihan, M. M., Banyard, V. L., Cares, A. C., Potter, S. J., Williams, L. M. & Stapleton, J. G. (2014, online first). Encouraging Responses in Sexual and Relationship Violence Prevention: What Program Effects Remain One Year Later? *Journal of Interpersonal Violence*.

Cares, A. C., Banyard, V. L., Moynihan, M. M., Williams, L. M., Potter, S. J., & Stapleton, J. G. (accepted). Changing Attitudes about Being a Bystander to Violence: Translating an In-person Education Program to a New Campus. *Violence Against Women An International Journal*.

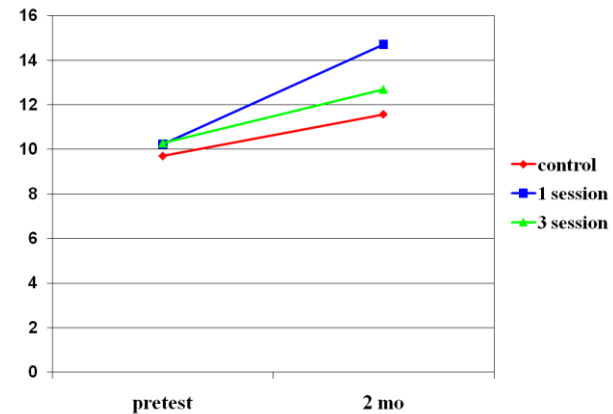
Knowledge



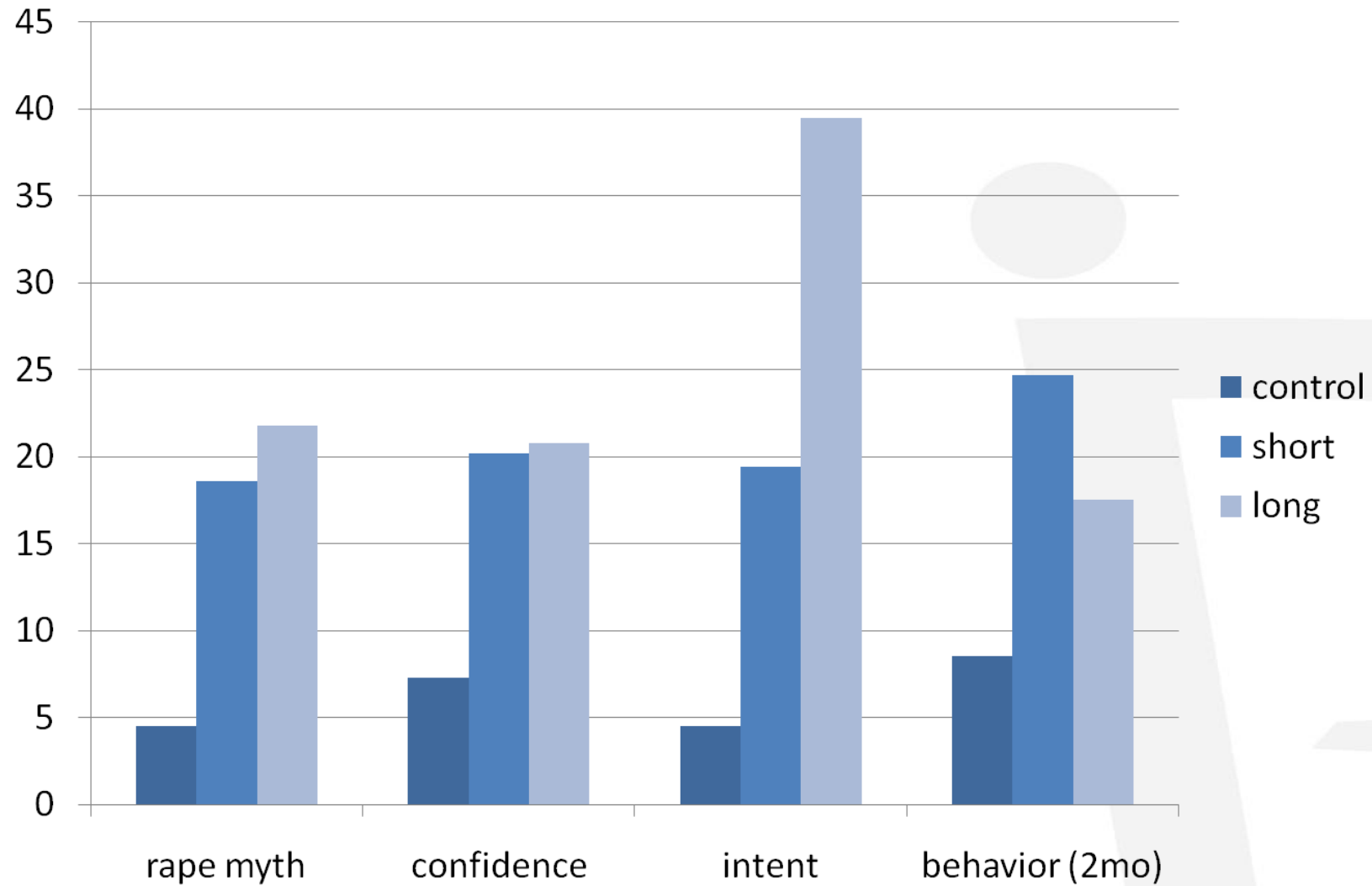
Helping Intention



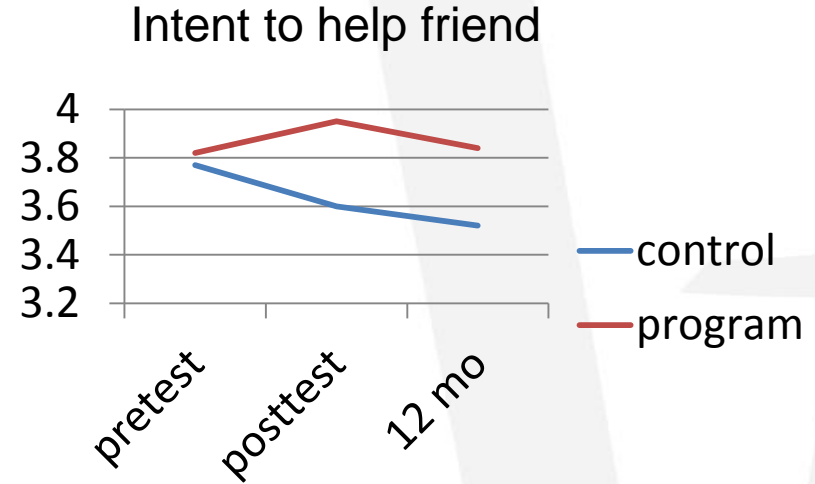
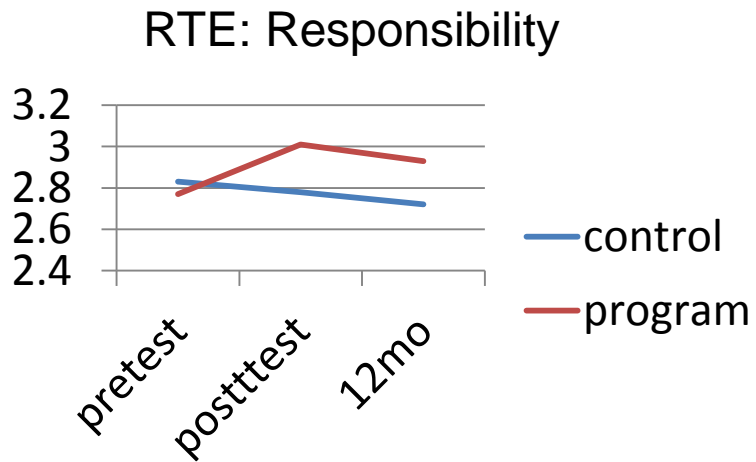
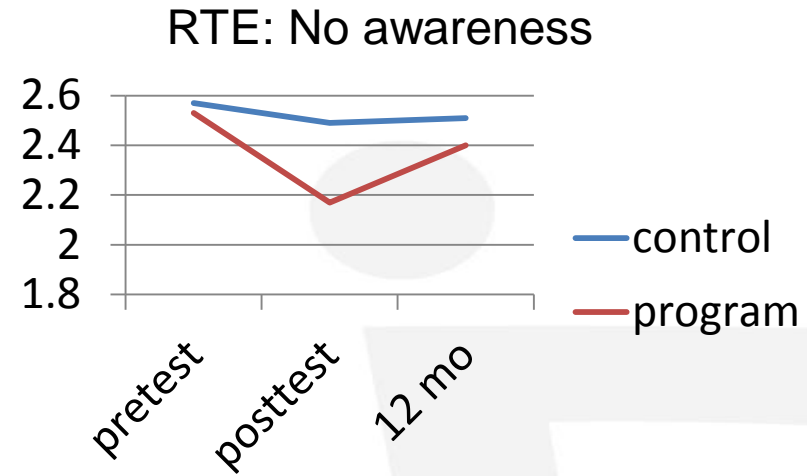
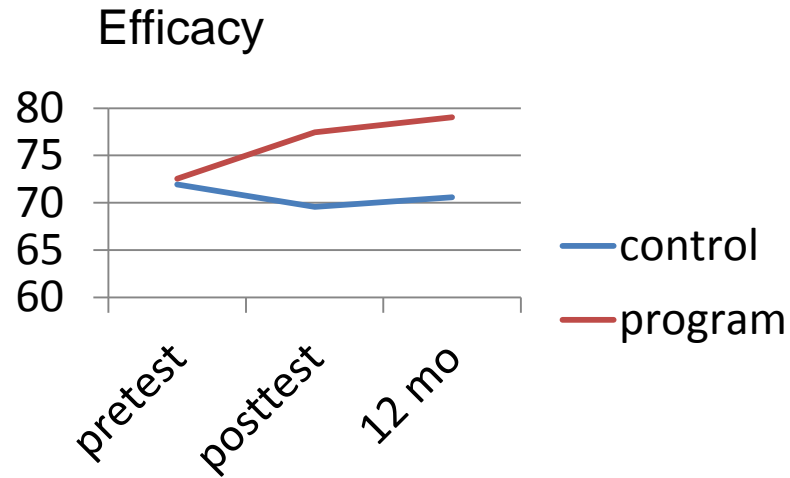
Bystander Behavior



Percentage improving by at least 1 SD



Extending primary prevention on two campuses (N=948)



Evaluating Complexity

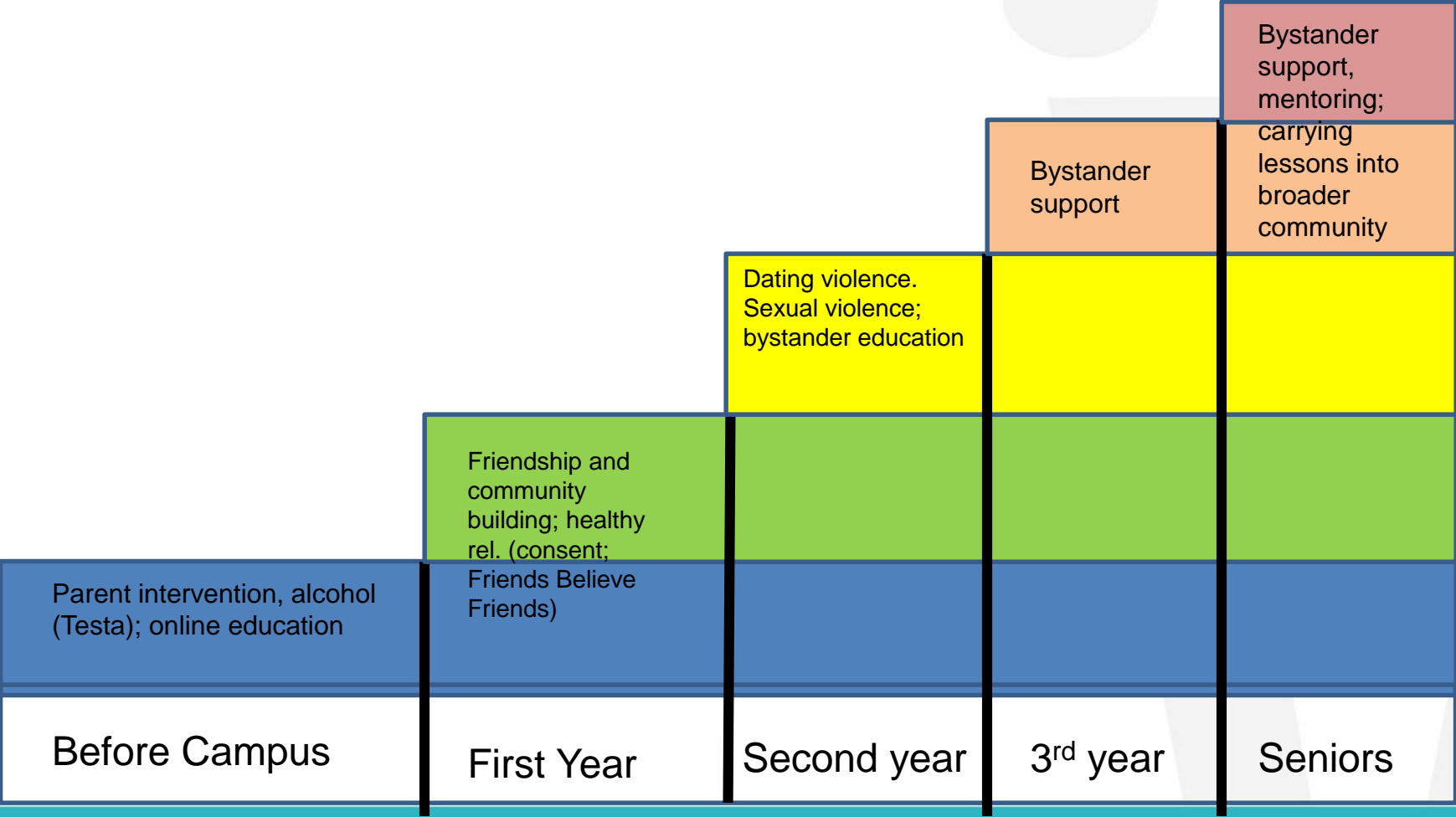
- What happens when we translate to another campus?
- Individual level moderators of outcome
 - Readiness to engage
 - Opportunity
 - Gender
- How do prevention tools work together?
 - SMC and in person program

Next questions for practice

- Developmental sequencing
- How connect bystander intervention to a multi-pronged community approach?
- What are the essential elements?
- What is a sufficient dose?
- How do we reach our audience?
- Tailor for target audience and translation.
- Connections and collaborations

Layers of Prevention:

Across College



Make a Bigger Prevention Strategic Plan

- Go beyond individual change to community level changes. Casey and Lindhorst (2009)
- Changes in context make a difference
 - parent intervention Testa et al (2010) and Finkelhor et al (2014)
 - impact of school level interventions in a middle school Taylor, Stein et al (2012)
 - Collective Efficacy
 - Alcohol Policy and Violence (Lippy & DeGue, 2015)

Kozol (2012, p.204) states, “I recalled a piece of practical advice and helpful exhortation I had heard from someone older than myself some years before: ‘Look for battles big enough to matter, but at the same time, small enough to win some realistic victories.’”

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Research participants who gave their time to the projects

Join us Tuesday, July 21, 2015 for the next TLT
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Topic: Victim Resources

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