

Created By



STAND

A Bystander Discussion

SD

Ice Breaker

- Options: Writing or Interview
- Prompt Questions:
 - What activities are you doing when you are at your best?
 - Write/talk about the most important person in the world to you.



Stand Up

Watch the Video...

<https://vimeo.com/78294857>

password: OAESV



second *OAESV-StandUp 02

Stand Up Video

- Take a moment and write down your first impressions



Discussion

- What is a bystander?
- Written only (just for you):
 - Have you ever experienced or witnessed situations similar to the one depicted in the video?



Discussion

- When thinking about that situation, what about it made you know that this situation required a bystander action — what made you have a gut reaction?



Discussion

- If it were easy, people would intervene all the time.
- But we know that people have a lot of barriers that get in the way of them intervening, even when they think they should.
- What barriers might you face taking a bystander action in this or any situation?



Ways to get involved

- There are 3 ways to be an active bystander:
 - Do something yourself
 - Get someone else to help
 - Be a distraction



Discussion

- Which of the solutions outlined in the video would work for you in this situation?
- Would you take those actions if it was your friend you had to confront?



Upstander

- An upstander is someone who intervenes in situations that make them uncomfortable, using any of the ways available to them (not just directly confronting someone).



Role Plays

- Now as a class come up with similar situations where you might want to intervene, but want to practice.
- Break into small groups
- Practice three different intervention options: doing something yourself, getting someone to help, or being a distraction.



Wrap Up

Contact OAESV with questions or connect with your local rape crisis center!

www.oaesv.org

216-658-1381

info@oaesv.org