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
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?
• 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!

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