



Discuss once again the Circle of Influence – Who will influence them? Whom will they influence?

Ask your students: What will you say or do the next time you notice a problem? A Chinese proverb states, “The journey of a thousand miles starts with a single step.” It isn’t always easy to STEP UP! But take that first step. If you can help one person, in one situation, you have made a difference. Emphasize strength in numbers – a few people making a difference, and then a few more and a few more...will add up to a significant difference! As we mentioned in the beginning of this training – the success of this program will depend on you (the students). You are the catalyst for change and for making a positive difference.

Discuss possible “Next Steps” for them: In the next day/week/month/year (Student-athletes have a fill-in-the-blank response area to this question in their guide.)

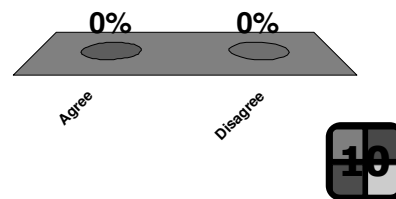
Ideas:

Talking to someone; learning more about a topic; helping someone in need; conducting a team meeting; making others aware of and trained in STEP UP!, etc.

Also, see *Appendix A, Activities, Start, Stop, Continue and The STEP UP! Challenge.*

**I commit that the next time I am
confronted with a problematic situation
I will STEP UP!**

1. **Agree**
2. **Disagree**



13

Tell your students they can/should add this training to their resume.
(i.e., Certified in STEP UP! Bystander Intervention Training).

END OF PART 2

END OF TRAINING