A. Introduction

• Introduce concepts and applicability to various topics by way of:
  – Snowball exercise or other technique (Clickers, Poll Everywhere, etc.)
• Create respectful cognitive dissonance to increase motivation to change.
  – Ex: “Think of a time when you could have acted but didn’t” and reflect on feelings of regret as a motivation to learn and act.
B. Bystander effect – Reasons people don’t intervene

• Diffusion of Responsibility
• Conformity
  – Pluralistic ignorance
• Ambiguity
• Obedience to authority
• Willful neglect
• Social and Cultural Identifiers
C. Five steps to overcome the bystander effect

1. Notice the Event
2. Interpret it as a problem
3. Assume personal responsibility
4. Know how to help
5. Implement the help – Step UP!
D. More Strategies

- Focus on S.E.E.K. Model—Safe, Early, Effective, Kind
- Perspective Taking
- Assessing the Situation:
  - Emergencies
  - Non-emergencies
  - Friends Helping Friends (include 5 Point Model)
  - On teams or in groups
  - When emotions are high
- Values Based Decisions
E. Application

• Scenarios
Making Step UP! Yours

Personalize it! Permission to change:
- Videos
- Slide and logo colors
- Clickers vs. snowball
- Personal examples
- Campus photos
- Scenarios