



**Required Components & Campus Adaptations (Guide page 58)**

**STEP UP! BYSTANDER INTERVENTION  
FACILITATOR TRAINING PROGRAM**

# 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

**Notice the Event**

**Interpret it as a problem**

**Assume personal responsibility**

**Know how to help**

**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

**Step UP!**

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*Easy to access resources for facilitators and students.*

## MAKE A DIFFERENCE

Step UP! is used by athletics, Greek life, student affairs, campus health, violence prevention centers, residence life and many others.

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# Making Step UP! Yours

Personalize it! Permission to change:

- Videos
- Slide and logo colors
- Clickers vs. snowball
- Personal examples
- Campus photos
- Scenarios