***Step Up! Abstract & Description***

**Abstract for Program:**

Over the last several years, bystander intervention training has become one of the most recommended and effective strategies to address campus issues. The Step Up! Bystander Intervention Program was developed leading practitioners, using evidence-based research and theories around bystander behavior. Hundreds of campuses are using it to address a wide variety of campus issues and concerns, with a wide variety of populations and applications. Whether its AOD use, violence, mental health or any other concern, proactive bystander intervention is something we all can use to help someone in need.

**Program Description:**

The Step Up! bystander intervention program is a comprehensive training program that was developed using leading experts, theories and concepts in bystander behavior. The foundation of the program is a 5-Step decision-making process that helps students (or any participant) walk through a logical process, starting with noticing an event and eventually taking action to help. Each step is backed by research, information and/or skill-building to help the step and the progression make sense. The five-step process is as follows:

Step One: Notice the event (helping participants get better at paying attention to what’s happening around them)

Step Two: Determine whether the event is a problem (helping participants assess and evaluate a situation to determine the best course of action)

Step Three: Take personal responsibility (helping participants recognize the theories behind “typical” bystander behavior and how to overcome that behavior to take action)

Step Four: Have the skills and confidence necessary (the idea behind the training is that by participating in the training, they will have a better understanding of bystander behavior and thus build their confidence and skill level to address the concerns they encounter)

Step Five: Step up and take action (taking the final step and taking action, which includes asking yourself what happens if I don’t respond?)

In addition to this 5-Step Decision-Making process, other key concepts like perspective, staying safe, emergency vs. non-emergency helping, individual intervention/personality styles, and how to have the difficult conversation (also using a five-step process, taken from the BACCHUS Certified Peer Educator training) are also covered.

To keep participants actively engaged, the content of the training is mixed with video clips, interactive activities and dialogue/discussion. This also helps keep the training relevant to the participants. The final part of the training actually has participants applying the 5-Step Decision-Making Process to various scenarios. They also can apply their personal intervention/personality style to their scenario to see how other people/styles might handle the situation differently. This helps make the point that there are always many different ways to respond to a given situation that can be just as effective as others, just different based on your personality and style.

**Learning Outcomes:**

1. Participants will be able to define various types of bystander behavior (general definition, active vs. passive, and positive vs. negative)
2. Participants will be able to define and apply the 5-Step Decision Making process to at least one topic/scenario
3. Participants will be able to identify their personal intervention style
4. Participants will be more confident in their ability to intervene and help someone in need

Much of the content will be presented in lecture style, but the ability to move around the room for activities and discussion will be helpful. Small group discussion will allow participants to develop and share intervention strategies, which will then be shared back with the larger group. The five-step process for having difficult discussions will be demonstrated and then participants will have the opportunity to partner and practice on their own as well.