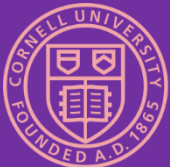


Intervene

Bystander Intervention Workshop

Adapted from Cornell University for use at Kansas State University



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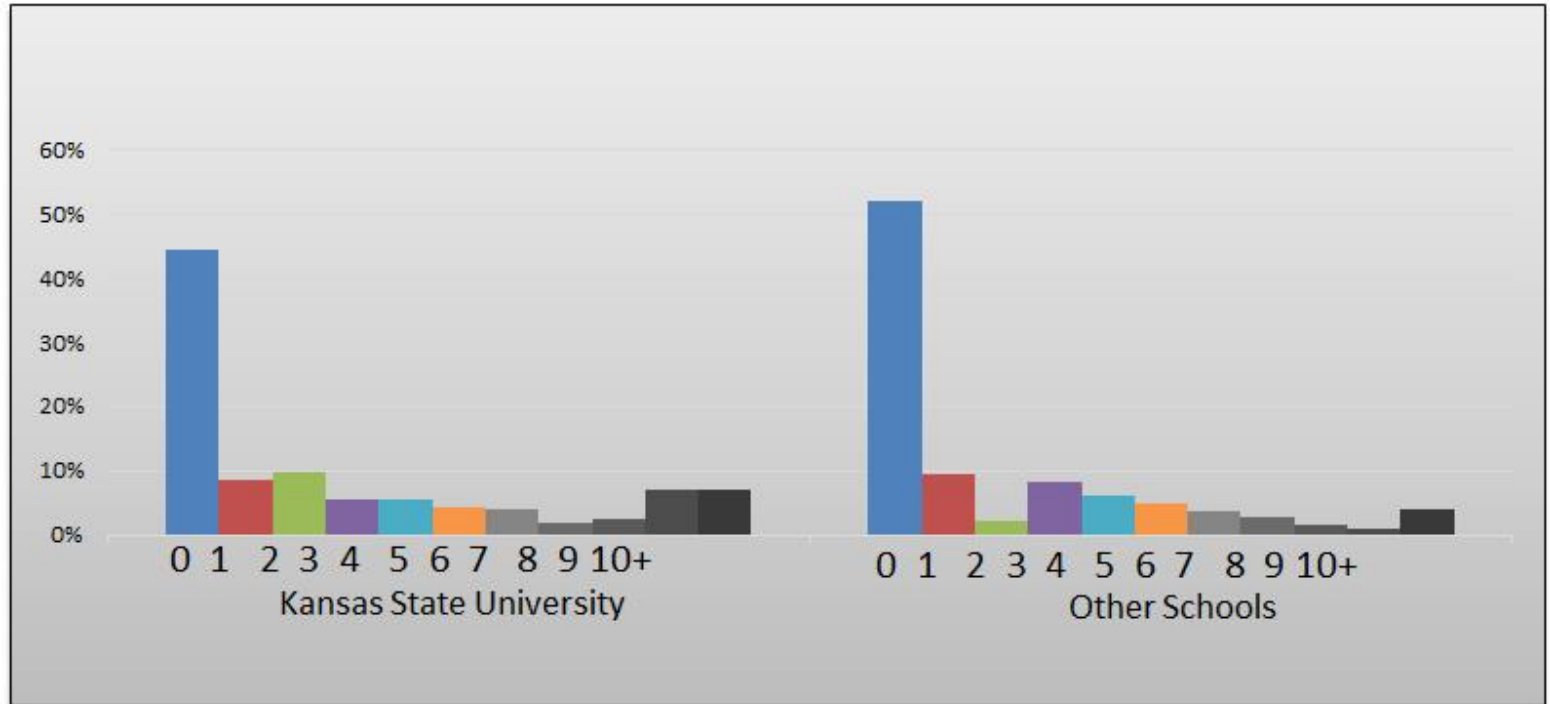
Alcohol Behavior and Sexual Activity at KSU

How often do you use alcohol?

Student Selections	Kansas State University (Sample: 4,947)	Other Schools (Sample: 270,142)
Never	33.20%	33.40%
Seldom	24.70%	24.10%
Sometimes	30.20%	30.30%
Often	10.00%	9.40%
Daily	0.60%	1.10%
No Comment	1.20%	1.70%

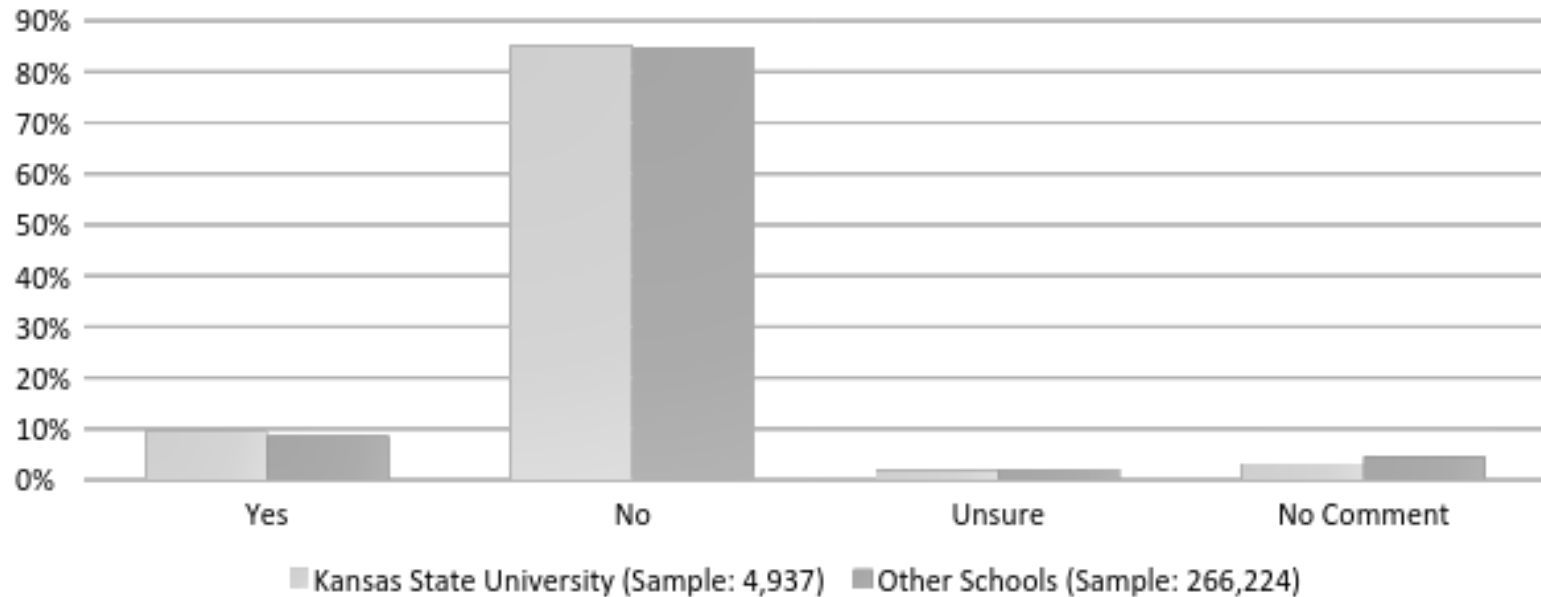
Note: These are new students from fall 2015 and spring 2016 that are under the age of 22.

On a given weekend evening, about how much alcohol do you typically drink?



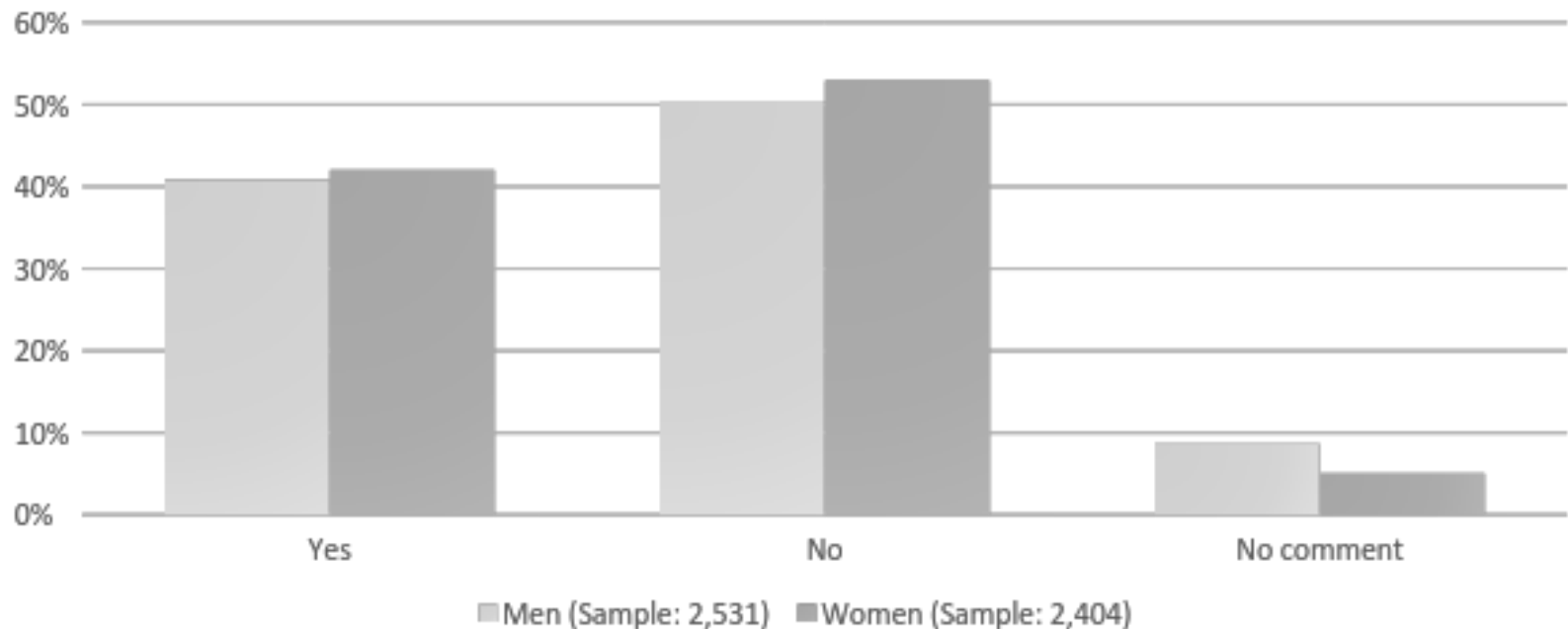
Note: These are new students from fall 2015 and spring 2016 that are under the age of 22

Experienced a blackout from drinking in past 30 days?



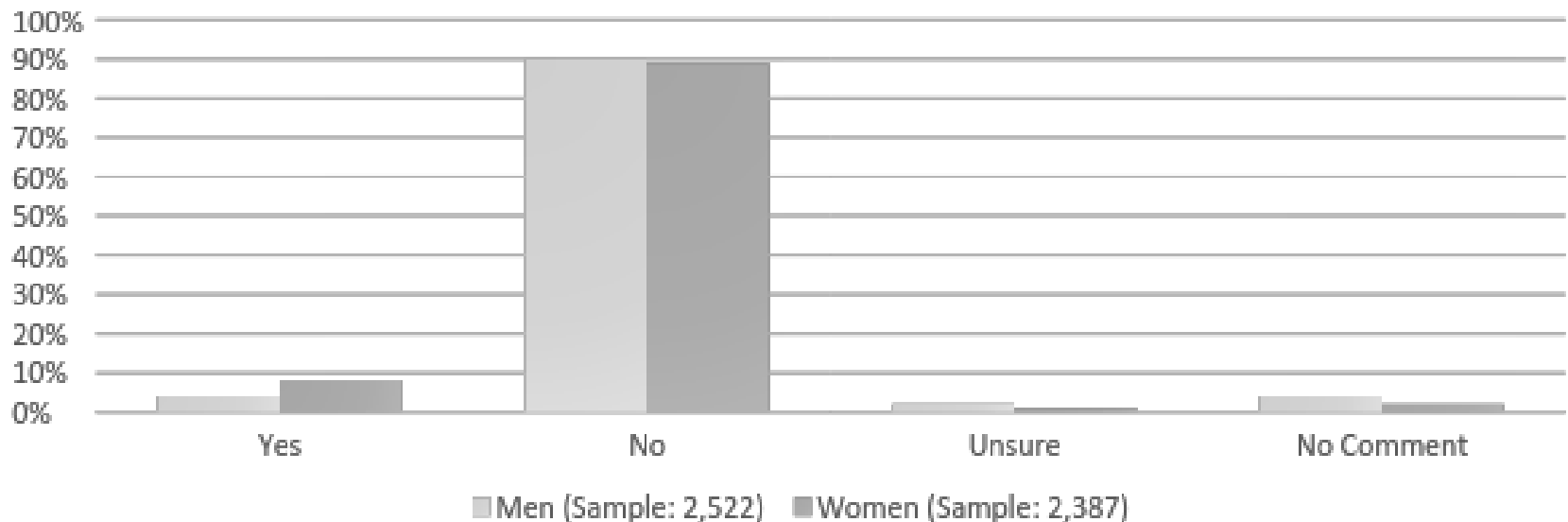
Note: These are new students from fall 2015 and spring 2016 that are under the age of 22

Currently sexually active



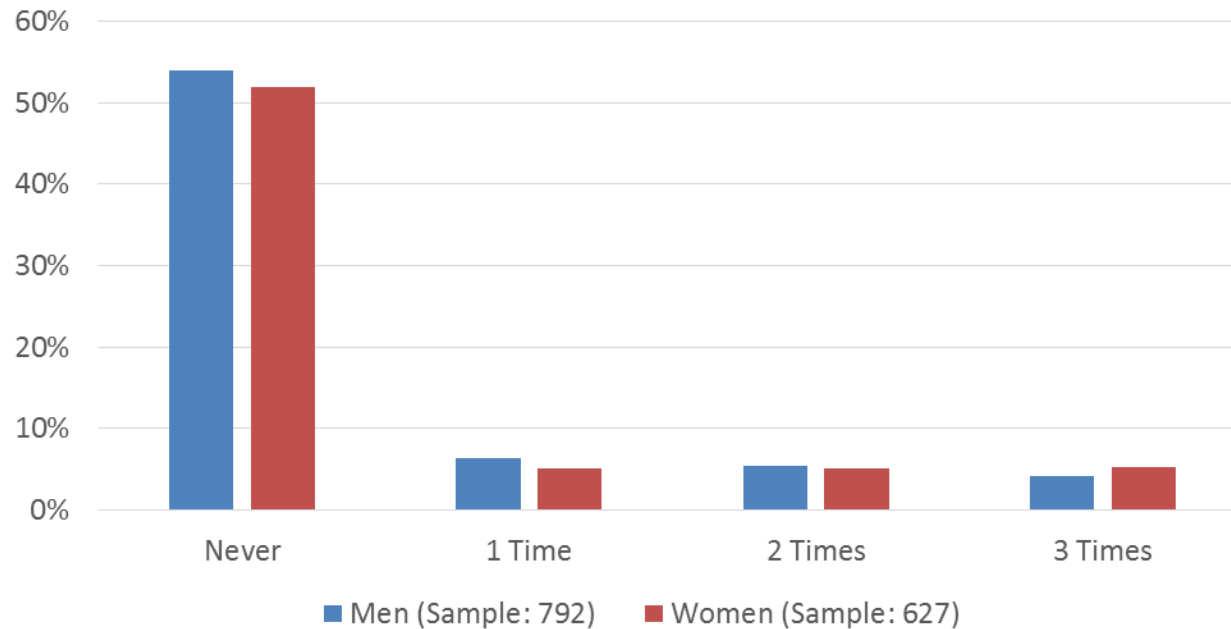
Note: These are new students from fall 2015 and spring 2016 that are under the age of 22

Had unwanted sex while drunk or using drugs



Note: These are new students from fall 2015 and spring 2016 that are under the age of 22

Used a condom while having sex (Past 3 months)



Sex, Alcohol, and College: A dangerous combination?

- About 50% of sexual assaults among college students are associated with alcohol use. (Abbey et al., 1998)^{1,4}
- In a college sample, about 55% of victims of sexual assault were somewhat drunk at least at the time of the incidence. (Harrington and Leitenberg, 1994)²
- In 81% of the alcohol-related sexual assaults, both the victim and the perpetrator had consumed alcohol. (Abbey et al, 1998)^{1,3}
- About 85 to 90 percent of sexual assaults reported by college women are perpetrated by someone known to the victim; about half occur on a date. (Fisher et al, 2000)⁵

Scenario 1: Alcohol Emergency

<https://youtu.be/SIAHts22InA?t=15m55s>

Let's Chat: Alcohol/Drug Emergencies

- At what point did his alcohol consumption go from “having fun” to being a problem?
- How could the friends have helped the intoxicated man sooner? When do you think they should have first become worried and called for help?
- Based on his actions in the video, what else could have happened to the main character?
- What emotions might those who intervened feel when taking action?

Signs of Alcohol Emergency

- **A- Alert**

- Unable to rouse person or keep awake
- Vomiting while passed out or incoherent

- **B- Breathing**

- Breathing slow, irregular pulse

- **C- Color**

- Skin color “off” or lips bluish, cold or “clammy” to the touch

- **D- Doubt**

- Not sure if person is ok; Don't let person sleep it off!
 - Call 911 if in doubt



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What to Do On Campus: Alcohol or Other Drug Emergencies

On-campus emergencies:

- Remember ABCD signs and call for help
- LifeLine911 Policy
 - KSUPD will not prosecute minors under the influence who call 911 to help themselves or an under-aged friend in an alcohol emergency.
 - To obtain immunity from University disciplinary sanctions, students actively involved in the situation must:
 - Contact PD/EMS
 - Provide your contact information
 - Remain on the scene
 - Cooperate

<https://www.k-state.edu/policies/ppm/8500/8550.html>



What to do Off Campus: Alcohol/Drug Emergencies

Off-campus emergencies

- Greek Houses are considered off-campus
- RCPD
 - No immunity policy exists
 - Officer's discretion whether to punish other minors in possession/under the influence who call for help for a peer in an alcohol emergency
 - RCPD's main focus is to provide help to the person in need
 - Be courteous and cooperative when EMS/PD arrive



Healthy Relationships in College

Role of Relationship

- Friend or Best Friend
- Roommate or teammate
- Acquaintance
- Stranger
- Family

Positive

- Support
- Intimacy
- Connection

Negative

- Causes stress
- Make you feel inferior
- Harassment/intimate partner violence



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Scenario 2: Emotionally Abusive Relationship

<https://youtu.be/SlAHts22InA?t=11m14s>

Let's Chat: Emotionally Abusive Relationships

- What are some signs that Alli is in an emotionally abusive relationship?
- How is Carlos and Nate's relationship different from Alli and Eric's?
- What are some things Carlos did as a friend that represent a positive support system?
- What are some other ways to approach your friends if you are concerned they are in an unhealthy, emotionally abusive relationship?

Sexual Assault

Scenario 3: Sexual Assault

<https://youtu.be/SIAHts22InA?t=5s>

Let's Chat: Sexual Assault

What are your observations of the couple in the scenario?

- How was the young man acting? How about the young woman?

Was consent given? At what point?

- Did you hear the young woman say “no?” How about a “yes”?
- What did her body language tell you?

What did others in the room do?

- How did they intervene?
- Would you feel comfortable stepping up to help a friend? A stranger?

Let's Chat: Rape Culture

What is Rape Culture and how can we avoid it or call attention to it?

- Pertains to specific situations in which sexual assault, rape, and/or general violence are ignored, trivialized, normalized, or made into jokes. (Ridgeway, 2014)

What we're doing to contribute to the problem:

- Media's portrayal of sexual assaults as "hook-ups"
- Victim blaming due to the way a person's dressed, level of intoxication, etc.
- Not taking victims seriously when assaults are reported
- Make jokes about rape, or defending jokes about rape
- Cat-calling, unwanted sexual remarks, unwanted touching
- Reducing sentences of rapists because it might "jeopardize their future"

Let's Chat: Rape Culture

Let's do this right!

- Rape is not a joke, and should not be treated as such.
- Believe the victim.

Don't be afraid to take a stand:

- If you hear someone say something offensive, say something about it. That person might not recognize their mistake, and you can help them to realize it.
- Don't get aggressive, but politely correct them.

We have the power to make a difference and it all starts with how we portray ourselves.

- You can be the role model!
- Be an active bystander!

Camouflage of High Risk Behaviors

- Sometimes we choose not to act because we tolerate behaviors that are inappropriate.
- It seems that no one else finds these behaviors troubling; so they become a “norm.”
- We may think “this doesn’t concern me, therefore it’s not a problem.”



Taking Action

1. Notice the event.
2. Consider whether the situation demands your attention.
3. Decide if you have responsibility to act.
4. Choose what form of assistance to use.
5. Understand how to implement the choice safely.



Taking Action

▪ Non-urgent situations

- Listen
- Express concern
- Describe what you observe
- Offer support
- Connect to resources

▪ Urgent/emergency situations

- Don't assume others will act
- Act with others if possible
- Be direct or distract
- Call for help



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Remember, being an active bystander means:

- Sometimes you need to act quickly
- **Sometimes you can choose when to act.**
- Sometimes you are the only one who can act.
- **Sometimes you can act with others.**
- Doing something may involve taking a risk.
- **Doing nothing may be a greater risk.**

**We are all part
of a community.
You can make a
difference by
caring and
intervening.**

Reporting Concerns & Getting Help

Reporting

To report any instance of sexual assault, dating violence, stalking or harassment that has occurred on university property or at a university sponsored event, contact the [Office of Institutional Equity](#) at 785-532-6220.

To make a report to the criminal justice system, contact the police department.

Bias Incident Report – Office of Institutional Equity

➤ [Report Online](#)



Reporting Concerns & Getting Help



Center for Advocacy, Response, and Education

CARE home

About

Get Help

Services

Survivors' Rights

Resource Guide

Spectrum of Violence

It's On Us, K-State

Center for Advocacy, Response and Education: Changing Seasons

Since shifting from the K-State Women's Center to CARE, immense growth and new initiatives are underway in our office.

The Center for Advocacy, Response and Education (CARE) received a grant from the Kansas Governor's Grant Program to strengthen the quality and consistency of direct services to survivors of domestic, dating and sexual violence, and stalking. This is the second year CARE has received this grant. The Victims of Crime Act (VOCA) serves as a major source of funding for victim services throughout the country. That project budget of the grant project totals \$261,438.

The VOCA grant will allow CARE to expand its services on the Manhattan campus and provide resources to crime victims on the Salina and Olathe campuses as well. In order to reach the goals of the grant, the CARE office is looking to hire one full-time, grant-funded Survivor Advocate.

The Survivor Advocate will serve as a confidential source for students,

Tweets by @KStateCARE

 K-State CARE Office
@KStateCARE

Join us tomorrow at 7PM for a screening of "Yeah Maybe No." A short discussion and workshop will follow! #saam2017



roud Partner of K-
tate's Wellness
coalition

Phone: (785)532-6444
Email: ksucare@k-state.edu



Reporting Concerns & Getting Help

The screenshot shows the top of the Kansas State University website. The header is purple with the K-State logo and a search bar. Below the header, the breadcrumb trail reads: K-State home » Office of Student Life » Faculty/Staff Student of Concern Guide. The main heading is 'Office of Student Life' followed by 'STUDENT OF CONCERN GUIDE' in large, bold letters. A red gradient bar is positioned below the heading. On the left, a sidebar menu lists: Home, About Student Life, Crisis Assistance, CIRT, Student of Concern Guide (highlighted), Quick guide to helping students, What can I say, Responding to student concerns, Who to contact, Campus emergency information, and Serious student situations. The main content area has a purple link for 'Faculty/Staff Student of Concern Guide'. Below this is a section titled 'Resources for Responding to Student Crisis' with three sub-links: 'Quick guide to helping students', 'What can I say' (with a sub-link for 'Confidentiality and FERPA facts'), and 'Responding to student concerns' (with a sub-link for 'Listening, responding and making a referral'). At the bottom of this section is a link for 'Who to contact' with a sub-link for 'Campus resources'. On the right, an 'EMERGENCY' box provides contact information for life-threatening situations (911, K-State Police at 785-532-6412) and for unsure situations (SAFE at 785-532-6432 or Office of Student Life at 785-532-6432).

KANSAS STATE UNIVERSITY

Search web, people, directories
Browse A-Z Sign in ▼

K-State home » Office of Student Life » Faculty/Staff Student of Concern Guide

Office of Student Life

STUDENT OF CONCERN GUIDE

- Home
- About Student Life
- Crisis Assistance
- CIRT
- Student of Concern Guide**
- Quick guide to helping students
- What can I say
- Responding to student concerns
- Who to contact
- Campus emergency information
- Serious student situations

Faculty/Staff Student of Concern Guide

Resources for Responding to Student Crisis

- [Quick guide to helping students](#)
- [What can I say](#)
 - Confidentiality and FERPA facts
- [Responding to student concerns](#)
 - Listening, responding and making a referral
- [Who to contact](#)
 - Campus resources

EMERGENCY

In life-threatening situations, call 911. You may also call the K-State Police Department at 785-532-6412.

Unsure who to call? Need to consult? Call 785-532-SAFE or the Office of Student life at 785-532-6432

<https://www.k-state.edu/studentlife/concern-guide/>

Questions or Comments?



Thank you!

Intervene (video and workshop) were developed by the Skorton Center for Health Initiatives at Cornell University @ 2016. The information contained in the materials is based on the developers' best efforts to interpret a body of research and literature, and to translate this into practical considerations. The materials are informational and educational in nature, and are intended to be used as developed and prepared by the Skorton Center for Health Initiatives. The video content is not to be modified, altered or revised in any way. The workshop content is not to be modified, altered, or revised in any way, except for tailoring to your own institutional practices, policies and resources. The Skorton Center makes no representation or warranty express or implied regarding any particular outcome from the use of the materials. Use in part or whole is permitted with attribution to developers.

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Cost of Inaction

- What might have happened if none of the characters had intervened?
- What could have been the impact on the person in need?
- What could have been the impact on the bystanders? How might they have felt?