

## Prevent Harm *Before* it Happens

College is a time of immense growth and learning, but for many it can be a dangerous time in their lives. Especially young women.

- 42% of college women who are raped tell no one about the assault.
- More than 75% of the women who reported a rape were under 25 years old at the time of their assault.



1. Raise awareness of behaviors that can be defined as verbal, emotional, physical, and sexual abuse;
2. Challenge mainstream messages about gender, sex, and violence;
3. Create a safe environment for dialogue among men, women and transgender individuals, so that students may share their opinions and experiences; and
4. Inspire leadership by empowering participants with concrete options to effect change in their respective communities and in their own lives.

## Speaking up can save lives!

In October of 2009, there was a gang rape of a student at the Richmond High School homecoming dance. She was 15 years old. For 2 1/2 hours while the dance was going on she was raped and brutally beaten outside the doors to the dance, by 10 men while 10 others watched and took pictures with their cell phones.

Not a single person called the police even after the numbers reached over twenty spectators. No one informed one of the many officers in the building about the attack that was happening. Before the attack happened, the assistant principle was sitting in his office and noticed that there were over a dozen men sitting around where the crime took place, and he did not inform the police, even though none of the men looked to be high school age, nor did they have identification badges that were required to be on the grounds. He returned to his work and ignored the group of men sitting outside the school.



"In the end we will remember not the words of our enemies but the silence of our friends."

-Dr. Martin Luther King Jr.

**"It's none of my business..."**  
***The Bystander Shield***



Recognize ***your power*** to diffuse uncomfortable and potentially dangerous situations.



Counseling and Accommodation  
Services

“Everybody wants to do something to help but nobody wants to be the first.” -Pearl Bailey

Champlain College is dedicated to cultivating a campus of engaged, action driven students to keep our campus safe from dangers that can be avoided, if the community stays aware that *THEY CAN INTERVENE*. Here are some skills that could be useful.

## Bystander Intervention Skills

**Direct Interventions**– Intervening when someone is in immediate physical danger or when the conversation topic gets inappropriate and it is addressed at the moment. It sends a message that you are concerned, paying attention and willing to get involved.

**Indirect Intervention**– Addressing the issue at a later time

**Clarification**– Some people may not realize the impact of their language or behaviors. Ask questions about what happened and encourage them to think about what happened.

**Provide information**– Sometimes it is helpful to provide the facts, describe the law or explain a policy. Some people may be unaware that their behavior meets the criteria of being something harmful.

**Humor**– Humor can be an effective technique to decrease tension, raise awareness and increase critical thinking, *when used properly*.

**Nonverbal Communication**– Facial expressions and body language send powerful messages about your disagreement or discomfort in a situation

**Distraction**– You can interrupt the behavior without directly addressing it or the offender.

**Strike when the Iron is Cold**– Sometimes people need to calm down and relax before an intervention. Talk to them later about the events to give the offender time to rethink their actions and give the target a chance to leave.

**Get Help**– this could be direct or indirect intervention. Ask for guidance from a professor, staff member, counselor or someone that you feel comfortable talking to about the subject. Tell them what you’ve observed and ask them for help. This could be as easy as anonymous call to the police or manager of the establishment you are at, to let them know what is happening.

## You Can Do Something!

It can be hard to know what to do when an uncomfortable, even potentially dangerous, situation arises but silence and inactivity never make a situation better. Try some of these ideas!

### Ask

- Is everything alright?
- Do you need help?

### Personalize

- Would you want someone treating your loved ones that way?
- I really don’t appreciate that kind of language.

### Provide Information

- It’s not about your intent it’s about the interpretation. This could be considered sexual harassment and that’s not funny.
- If they’re too drunk, they can’t give consent for sex.
- You told them to leave you alone, if they keep it up you can file harassment or stalking charges.

### We’re Friends, right?

- I’m worried about you. Is there anything I can do to help?
- I’m afraid if this keeps up, you’ll get into trouble or hurt someone.

### Direct Intervention

- I don’t agree with you
- I don’t think that’s appropriate.
- Please stop that.