Bringing in the Bystander®

TARGET AUDIENCE

This program is for young adults on college campuses.

SUMMARY

Bringing in the Bystander®, a school-based program, is designed to teach safe methods for bystander mediation in situations in which risk for sexual assault may be prevalent.

EVIDENCE

An internal randomized controlled trial (RCT) of Bringing in the Bystander found that participants showed significantly increased bystander efficacy and knowledge and reduced rape myth acceptance. Bystander attitudes were also significantly improved. This study examined two versions of the program: a 90-minute, one session version and a 4 1/2-hour, three session version. Those who participated in the 4 1/2-hour version had significantly greater increases in knowledge and positive bystander attitudes and significantly lower rape myth acceptance as compared to those who participated in the 90-minute version. A second RCT of the 4 1/2-hour version found significantly increased bystander efficacy, intention to help, and improvement in bystander attitudes. This study did not find a significant difference between the experimental and control conditions on rape myth acceptance or on actual behavior. A third internal RCT compared participants who were exposed to the 4 1/2-hour version of Bringing in the Bystander plus the Know Your Power social marketing campaign to those who were exposed to just Know Your Power. One year after program completion, those in the treatment group demonstrated higher levels of bystander behavior related to helping friends compared to those who were exposed to only the social marketing campaign.

COMPONENTS

This program is designed to teach safe bystander intervention methods. The program, available in two versions, is implemented by one male and one female peer facilitator in single-sex group settings. Session topics include the following:

- Rape prevalence and potential causes and consequences of sexual violence;
- How to identify situations of potential violence;
- How to intervene before or during situations of violence;
- How to respond when a friend or peer has been assaulted;
- Bystander safety; and
- Resources available to bystanders and survivors of assault.

Sessions include role-playing and generating bystander plans that help participants consider how they could intervene safely in an aggressive situation. Participants also sign a pledge to be active bystanders in their communities.

PREVIOUS USE

This program has been evaluated with multiple samples of college-aged students and in a pilot sample of members of the United States Army stationed at European installations.
Bringing in the Bystander

TRAINING

This program is implemented by one male and one female facilitator who are not required to have a specific educational or experiential background. A required, 1-day, off-site train-the-trainer event costs $1,700 per institution plus $400 per person. Please visit https://cola.unh.edu/prevention-innovations-research-center/regional-training or use details in the Contact section for more information on training.

CONSIDERATIONS

Considerations for implementing this program include recruiting facilitators and ensuring they receive training, acquiring participant buy-in, obtaining school or community buy-in and consent, and finding time and space for program implementation.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Bringing in the Bystander, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

EVALUATION PLAN

To move the Bringing in the Bystander program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Prevention Innovations Research Center by mail 202 Huddleston Hall, 73 Main Street, University of New Hampshire, Durham, NH 03824, phone 1-603-862-5023, email prevention.innovations@unh.edu, or visit https://cola.unh.edu/prevention-innovations/contact-us

SOURCE

cola.unh.edu/prevention-innovations/bystander-overview and https://cultureofrespect.org/program/bringing-in-the-bystander/