

### BYSTANDER INTERVENTION TRAINING

#### *Practical Tools to Get Involved and Actively Intervene as a Bystander*

##### *Training Overview:*

*Bystander intervention is the ability to know what to do when a situation arises that requires assistance or interruption. One may witness gender-based violence (GBV) and harassment in their everyday life, and being able to recognize and safely intervene is essential both for the survivor and to the person intervening.*

*Bystander intervention training provides practical tools to intervene when witnessing harassment and GBV.*

*Participants will obtain an increased understanding of bystander intervention and will learn how to intervene in a way that is survivor-centered. Key areas of this training include indicators of harassment, intervention tools, and practice scenarios that allow participants to build the skills they have learned.*

#### LEARNING OUTCOMES

- Increased ability to recognize when intervention is required
- Increased understanding of bystander intervention
- Increased knowledge of intervention tools
- Practical skills to provide survivor-centered intervention

#### MODULES:

##### *What are you looking for?*

- Indicators
- The stats

##### *What can you do?*

- Bystander intervention
- Why people don't intervene
- The main goal
- The 5 D's

##### *Let's Practice*

- Practice scenarios

##### *What to do afterwards*

- Responses to intervening
- The impacts of intervention
- Supports and resources

*Typical length: 90 minutes*

*Customizable & adaptable to your group*

*Flexible scheduling including evenings & weekends*

#### REGISTRATION & INQUIRIES

Contact Anova Public Education  
[Education@AnovaFuture.org](mailto:Education@AnovaFuture.org)