

# See Something..Say Something

Bystander Intervention  
Training For New Students



**August 23, 2022**  
**Carroll College**  
**Helena, Montana**



# *Introductions*



**Annette Walstad**  
Dean of Students/Title IX  
Coordinator







**Zack Eckerdt**  
Assistant Dean of Students  
Director of Residential Life & Housing



**Jason Grimmis**  
Director of Campus Security  
and Public Safety



**Feel free to leave at any time if anything in this presentation is triggering to you.**



We will be talking about the topic of sexual assault which is a very sensitive topic. If you would like to leave now or at any time throughout the presentation just know that that is completely acceptable.



# Today, we will be talking about:



- ❑ Definitions
- ❑ When and where sexual violence occurs
- ❑ Alcohol and Sexual Assault
- ❑ The importance of Consent
- ❑ Bystander Intervention Strategies
- ❑ Resources



# WHAT'S BYSTANDER INTERVENTION?

Choosing to take action when you see behavior that puts others at risk for violence, victimization, or perpetration. These include speaking out against rape myths & sexist language, supporting victim/survivors, & intervening in potentially violent situations.



*...but it's none of my business...*

# Have you heard of the "Bystander Effect?"



**ARE  
YOU A  
BYSTANDER?**



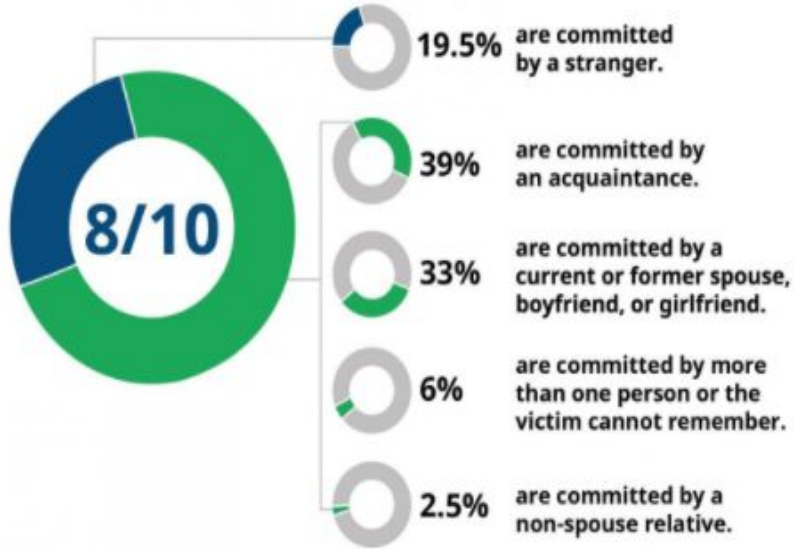


WHAT DOES A PERPETRATOR OF  
SEXUAL ASSAULT EVEN LOOK LIKE?





## 8 OUT OF 10 RAPES ARE COMMITTED BY SOMEONE KNOWN TO THE VICTIM



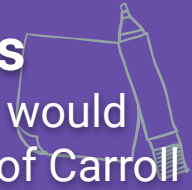
National Sexual Assault Hotline | 800.656.HOPE | [online.rainn.org](https://online.rainn.org)

Please visit [rainn.org/statistics/perpetrators-sexual-violence](https://rainn.org/statistics/perpetrators-sexual-violence) for full citation.<sup>1</sup>

RAINN

## Examples of perpetrators

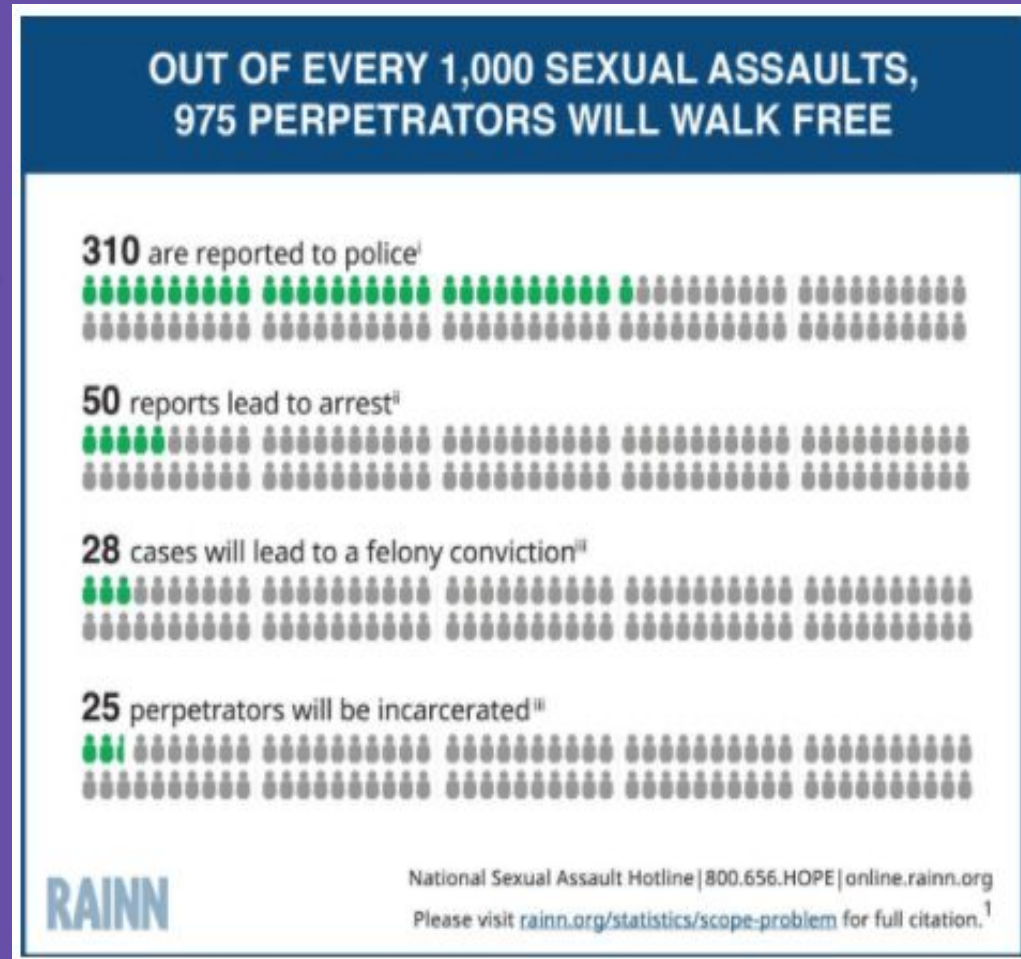
- Someone you are close to/ would consider a friend (majority of Carroll students who experienced sexual assault considered their perpetrator to be a friend or acquaintance)
- Can happen anywhere
  - At a party
  - In a classroom
  - In a dorm room/building
  - In the Cube
  - On the way to class
- Gender
  - 1 out of 10 victims are men
  - Women can be perpetrators too





## Under-Reporting causes and consequences

- 80% of survivors do not report to universities (Cantor et al. cited in Spencer et al.)
- Survivors are often asked questions like:
  - “What were you wearing?”
  - “Were you asking for it?”
  - “Were you drunk?”
- All of these questions suggest that the victim is to blame
- Victim blaming/shaming is one of the primary reasons that these crimes go unreported



# What about Alcohol and Sexual Assault?



The background is a solid purple color. At the top left, there are line-art drawings of a pair of glasses, a pen, and a small rectangular object. At the top right, there is a drawing of a notebook and a pen. On the left side, there is a drawing of a watch. At the bottom, there is a drawing of a keyboard.

# Consent Defined

- **Consent Given:** Conscious and voluntary agreement to engage in any type of sexual activity. It is an informed decision made freely, actively and voluntarily by all parties.
- **Consent Withdrawn:** Consent can be withdrawn at any time for any reason. This can be in the form of verbal withdrawal, or any expression of an unwillingness to engage in any instance of sexual activity.
- **Incapacitation** occurs when someone cannot make rational, reasonable decisions because they lack the capacity to give knowing/informed consent (e.g., to understand the “who, what, when, where, why, or how” of their sexual interaction).

Confused? Think about tea instead...





# WHAT WE'VE COVERED SO FAR...

- THE BYSTANDER EFFECT
  - SEXUAL ASSAULT DEFINITIONS AND STATISTICS
  - ALCOHOL & SEXUAL ASSAULT
    - CONSENT
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# *Bystander Intervention Strategies*

## 5D's OF BYSTANDER INTERVENTION





## ***Before the 5 D's***

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- ❑ Notice the Event
  - ❑ Interpret as a Problem
  - ❑ Assume Personal Responsibility
  - ❑ Know how to Help
  - ❑ Implement the Help

# The 5 D's of Bystander Intervention: Distract

## THE 5 D's OF BYSTANDER INTERVENTION

# DISTRACT

Take an indirect approach to de-escalate the situation.

### SAY:

Excuse me, do you know what the next stop is?

Start a conversation with the target or find another way to draw attention away from them. Ask them for directions or the time, or drop something.



**hollaback!**

# The 5 D's of Bystander Intervention: Delegate

## THE 5 D's OF BYSTANDER INTERVENTION

# DELEGATE

Get help from someone else.

### SAY:

Excuse me! This person is being harassed. Can you help?

Find someone in a position of authority—like a bus driver, flight attendant, security guard, teacher, or store manager—and ask them for help. Check in with the person being harassed. You can ask them if they want you to call the police.

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@%#@#(##&(#\*  
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**hollaback!**

# The 5 D's of Bystander Intervention: Document

## THE 5 D's OF BYSTANDER INTERVENTION

# DOCUMENT

It can be helpful for the target to have a video of the incident. Laws about recording in public vary, so check local laws first.

*Is anyone helping the person being harassed?  
If no, use one of the other 4 Ds to help them.*

### TIPS FOR DOCUMENTING PUBLIC HARASSMENT

- Keep a safe distance.
- Film street signs or other landmarks that help identify the location.
- Say the day and time.

*Only document the situation if it's safe.*

?!@##\$%#\$%!!!  
@\$%^&#!? @%^&!

**ALWAYS** ask the person targeted what they want to do with the footage. **NEVER** post it online or use it without their permission.

Keep your attention on the person being harassed—**make sure anything you do is focused on supporting them.**

**hollaback!**



# The 5 D's of Bystander Intervention: Delay

## THE 5 D's OF BYSTANDER INTERVENTION

# DELAY

After the incident is over, check in with the person who was harassed.

SAY:

Are you okay?

You can also say: "Can I sit with you? Can I accompany you somewhere? What do you need?"

?!@##\$%\$%!!!  
@#\$%^&\$%!? @%^&!

?!@##\$%\$%!!!  
@#\$%^&\$%!? @%^&!

**hollaback!**

# The 5 D's of Bystander Intervention: Direct

## THE 5 D's OF BYSTANDER INTERVENTION

# DIRECT

Assess your safety first. Speak up about the harassment. Be firm and clear.

SAY:

That's inappropriate.  
Leave them alone.

Please go away!

#\$&@?!@##\$%\$%!!!  
@\$%^#\$%!? @%^&!

%^#@?!@##\$%\$%!!!  
@\$%^#\$%!? @%^&!







You can also talk to the person being harassed about what's going on. Ask: "Are you okay? Should I get help? Should we get out of here?"

**hollaback!**



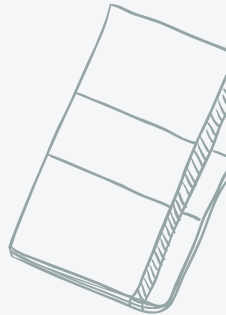


# Role Playing

- ❏ Ted Talk by Sheree Haggan from Utah State University
  - ❏ July 2014
  - ❏ Trigger Warning Reminder
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# A Real Life Situation... (part 1)



# 5 D's Recap

**Distract:** Distracting attention away from the person causing harm, the survivor, or the situation itself.

**Delegate:** Scanning a situation to assess risk, determine how to best intervene, and then delegating tasks.

**Document:** If someone is already helping a person who is in crisis, you can document the situation by recording on your phone, or writing notes. Never post or share a video without the consent of the person being harmed.

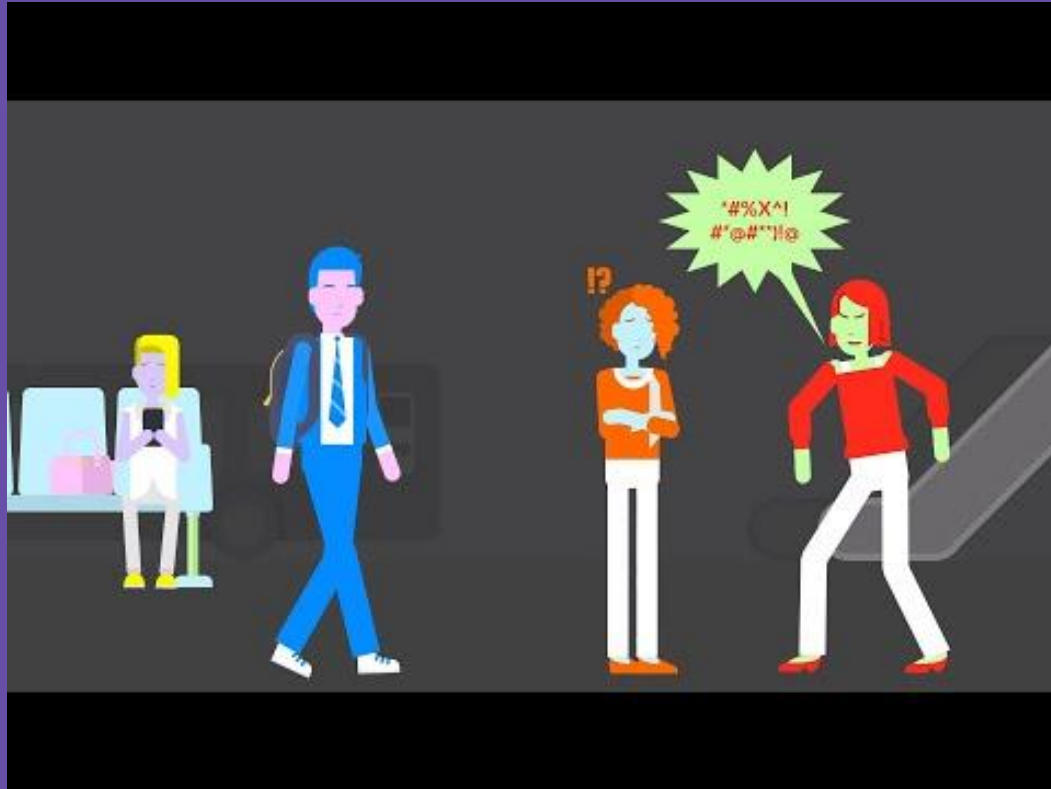
**Delay:** Slow down the situation. Checking in with the person during and after the incident. This is essential because it shows the survivor that they are valued. Delay also means educating ourselves and our communities about systems of oppression.

**Direct:** Directly intervening in a situation.





# 5DS OF BYSTANDER INTERVENTION

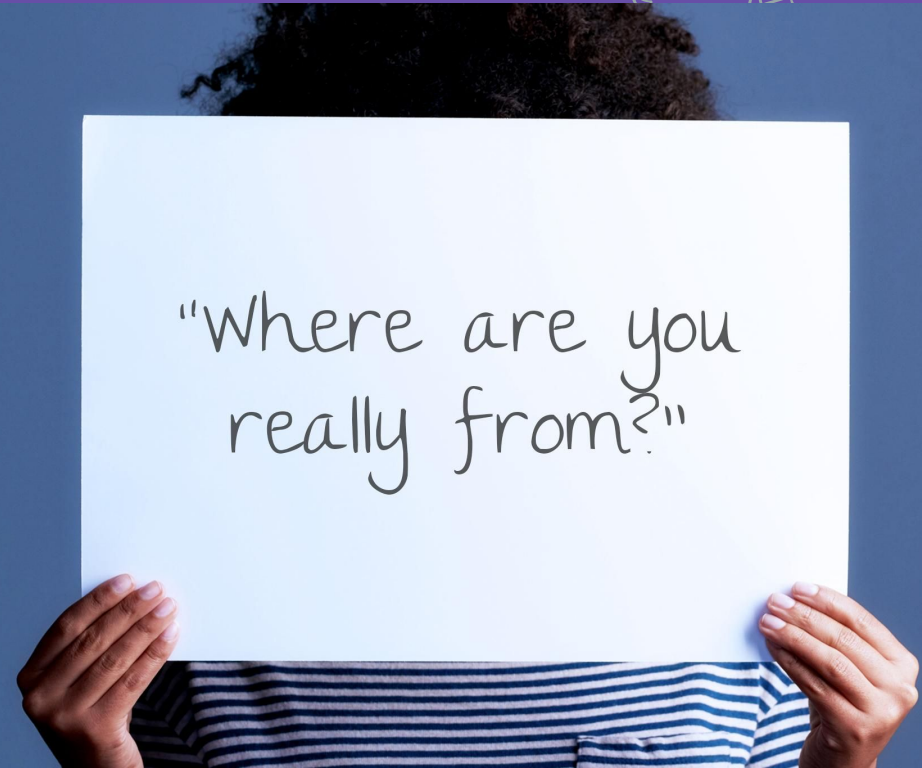


# A Real Life Situation... (part 2)



# Non-Sexual Assault Situations

- Microaggressions & Macroaggressions
  - Race/Ethnicity
  - Gender
  - Objectification/cat calling/derogatory comments
  - Sexuality
- COVID
  - Respectful discussions
  - Respecting personal space
  - No negative comments to those wearing masks

A photograph of a person with dark curly hair, wearing a blue and white striped shirt, holding a white rectangular sign. The sign has the handwritten text "Where are you really from?" in black ink. The background is a clear blue sky.

"Where are you really from?"



# Activity

1. You're at a party or out drinking. Someone nearby has had a lot to drink and is being harassed or manipulated by someone you think may do something physically harmful to them. What do you do?
2. You are in the STAC with your friends and a group of students nearby start making sexual gestures and comments to one of your friends that's sitting with you. Though trying to ignore the comments, you see that your friend is upset. What do you do?
3. A co-worker starts talking about a recent high-profile rape or domestic violence case and blames the victim for what happened. What do you do?
4. The guys on your team are constantly making lewd, rude or degrading comments about women and girls or calling each other names that imply they are "weak like girls." What do you do?
5. Your friend tells you that he/she thinks they were raped. What do you do?




# Mandatory Reporters at Carroll College



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- Mandatory reporters are people on campus who must participate in compelled disclosure under Title IX
  - Compelled disclosure
    - Reporting of sexual assault to university officials with or without the consent of the survivor
- 



## Mandatory Reporters at Carroll

- RAs/Peer Ministers
  - Professors
  - All faculty and staff of Carroll College
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# Carroll College

## Title IX Coordinators




***Karla Smith***

O'Connell Hall 214

(406) 447-5501

[klsmith@carroll.edu](mailto:klsmith@carroll.edu)



Director of HR  
&  
Title IX Coordinator

***Annette Walstad***

Borromeo Hall 102

(406) 447-5434

[awalstad@carroll.edu](mailto:awalstad@carroll.edu)



Dean of Students  
&  
Title IX Co-coordinator





# CARROLL COLLEGE REPORTING FORM

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[Campus Life](#) / [Safety & Emergency](#) / [Sexual Misconduct](#)

## Title IX

[Sexual  
Misconduct  
Home](#)

[Bystander  
Intervention](#)

[Contact](#)

**Providing all students with an educational environment free from discrimination is extremely important.**

### Title IX of the Education Amendments of 1972


As a recipient of federal financial assistance for education activities, Carroll College is required by Title IX of the Education Amendments of 1972 to ensure that all of its



**Notify Carroll  
College of Sexual  
Misconduct**

**Title IX Coordinator**





# Domestic Violence, Sexual Assault, and Stalking Prevention

1430 Sanders St.  
Helena, MT 59601


[ccadvocate@thefriendshipcenter.org](mailto:ccadvocate@thefriendshipcenter.org)



- Jamie Gabrielli, Victim Advocate

- Friendship Center
- (406) 442-6800 - 24/7  
Friendship Center Crisis Line

- On Campus

- 023 St. Charles Hall
  - On campus office hours weekly, or
  - By appointment
- 

# Final Questions? Interested in hosting a Bystander



## Emergency

- 911
- Friendship Center 24/7 Domestic Violence and Sexual Assault Crisis Line - (406) 442-6800
- Securitas (406) 461-7611
- 24/7 Residential Life On-Call (406) 459-0540
  - Reporting to the RA on call

## Non-Emergency

- Title IX Coordinators: Annette Walstad (406) 447-5434 & Karla Smith (406) 447-5501
  - Notify Carroll College through the link on our website
- Clery Crimes -Jason Grimmis (406) 447-4404 -or- Zack Eckerdt (406) 447-5509
- RA, Peer Minister, Faculty & Staff at Carroll College
- The Friendship Center (406) 442-6800
- Wellness Center (406) 447-5441
- Trusted family member or friend





THANK YOU!

ANY QUESTIONS?



