

# Briefing: Bystander Interventions

## Violence Against Women & Girls

**PURPOSE** This paper highlights key points and resources for implementing a Bystander campaign focused on tackling violence against women and girls in an educational setting (aged 16+).

**BYSTANDER APPROACH** We are all bystanders, able to choose to act or not, in any given situation. The golden rule, when witness to violence, intimidation, or harassment, is only intervene when it feels safe to do so.

### THE FIVE D'S OF BYSTANDER INTERVENTION

<b>Direct</b>	Directly call out the unwanted behaviour
<b>Distract</b>	Create a distraction: ask a question about the time/weather/anything unrelated
<b>Delegate</b>	Bring in a third party to help e.g., staff member, door staff or security
<b>Delay</b>	Check in with the person being harassed after the harassment has ended. Stay in the vicinity to let them know they're not alone
<b>Document</b>	Record on your phone if safe to do so, check what the person being harassed would like you to do with the images/video, do not share with others without consent.

**IMPLEMENTATION OF A BYSTANDER APPROACH IN AN EDUCATIONAL SETTING** Violence against women and girls is a complex issue underpinned by many social, cultural, and behavioural factors. Raising awareness and identifying behaviour as an issue is only the first step in addressing a problem, this needs to be underpinned by **clear policies** and **processes** that detail tangible **actions** and **consequences**, information on **reporting**, robust **support** and a change in culture that is **organisational wide**.

It is recommended that the following points are considered and acted upon before sharing of the campaign images, to ensure successful implementation of the campaign:

- ◇ Sexual violence prevention is much more likely to be successful if it is a **whole organisational approach**. The messaging, views and strategies that are communicated need to have investment from all areas of your organisation, to ensure consistency in messaging and outcomes for both the reporting and reported student. This must include support and oversight from the senior leadership team.
- ◇ Students must have access to appropriate support and easily accessible external specialist services
- ◇ Staff need access to training, with policies and procedures in place to support decision-making
- ◇ You need to consider how staff may also report harassment and abuse
- ◇ The campaign needs to be well communicated, with consistent messaging that encourages women to report and feel confident in the reporting process

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### USE OF THE UNIVERSITY OF HULL STEP UP CAMPAIGN MATERIALS

You can access the materials and a recording of the Webinar via the OPCC website

here: [www.humberside-pcc.gov.uk/Our-Work/Ending-Violence-Against-Women-and-Girls.aspx](http://www.humberside-pcc.gov.uk/Our-Work/Ending-Violence-Against-Women-and-Girls.aspx)

This work is featured alongside other initiatives including a focus on how pubs and clubs can step up and help, a report into the prevalence of violence against women and girls in the Humber area and other ways in which you and your organisation can help end violence against women and girls.

The university have agreed that you may use and share the materials for the purpose of a Bystander campaign, to educate and raise awareness. If you wish to add your own organisational logo to the materials, please contact Eski: <https://eski.media>

### SOURCES OF HELP & SUPPORT

**Sexual Assault Referral Centre:** Freephone 0330 223 0181

Email: [casasuite.sarc@nhs.net](mailto:casasuite.sarc@nhs.net) <https://www.casasuite.org/>

**Rape Crisis:** Freephone 0808 802 9999 <https://rapecrisis.org.uk/>

**Domestic Abuse - local help and support:** <https://www.humberside-pcc.gov.uk/Help-and-Advice/Domestic-Abuse-You-Are-Not-Along.aspx>

**24hr National Domestic Abuse Helpline:** Freephone 0808 2000 247

**Hollieguard App:** Free safety app for your smartphone: <https://hollieguard.com/>

**Suzy Lamplugh Trust:** Information and advice on stalking including free anti-harassment training:

<https://www.suzylamplugh.org/anti-harassment-training>

### RESEARCH PAPERS

**The Intervention Initiative:** <http://law.exeter.ac.uk/research/interventioninitiative/>

Fenton, R. A., Mott, H. L., McCartan, K. and Rumney, P. (2014).

**UK government paper – Review of evidence for bystander intervention:**

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/515634Evidence\\_review\\_bystander\\_intervention\\_to\\_prevent\\_sexual\\_and\\_domestic\\_violence\\_in\\_universities\\_11April2016.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/515634Evidence_review_bystander_intervention_to_prevent_sexual_and_domestic_violence_in_universities_11April2016.pdf)

### CAMPAIGNS, RESOURCES & TRAINING

**White Ribbon Campaign:** "We encourage everyone, especially men and boys, to make the White Ribbon Promise to never use, excuse or remain silent about men's violence against women"

<https://www.whiteribbon.org.uk/>

**End Violence Against Women Coalition:** <https://www.endviolenceagainstwomen.org.uk/>

**Alcohol Education Trust: Student-led anti-spiking campaign:** Student designed and informed campaign to #endspiking and promote safer nights out for freshers.