

# Bringing in the Bystander® College Prevention Program (v3.23)



An innovative program that **sets the standard** for bystander intervention training. This research-informed program incorporates a **community of responsibility model** rather than narrowly focusing on victims and perpetrators; all community members have a role as active bystanders in ending incivility, harassment, including sexual violence, and discrimination.

Participants develop and practice bystander intervention prevention skills, learning prosocial (positive, appropriate, and safe) ways to effectively intervene.

## An Evidence-Based Program



Based on more than two decades of groundbreaking research by the University of New Hampshire's acclaimed Prevention Innovations Research Center. This research led to developing the Bringing in the Bystander program, incorporating the most effective strategies for students to prevent and react to undesirable situations and scenarios on campus and throughout the community.

## Evaluation of Bringing in the Bystander Prevention Program

Bringing in the Bystander (BITB) and **Know Your Power®** were both scientifically evaluated and demonstrated to be effective prevention programs, satisfying many grant requirements. Evaluations were funded by The National Institute for Justice, the Centers for Disease Control and Prevention and the US Department of Justice. Research-validated results found the following:



- ✓ Bringing in the Bystander **increases bystander intervention.** (Moynihan et al. 2015)
- ✓ Students show **increased helping behaviors** up to a year after participation. (Moynihan et al. 2015)
- ✓ Bringing in the Bystander may **be more effective than traditional programs** focused on perpetrators and victims. (Peterson et al. 2016)
- ✓ Bringing in the Bystander is **easily adaptable** to a variety of campuses. (Cares et al. 2015)

### Learning Methods



Interactive exercises



Discussion



Lecture



Small group work



Opportunities to practice skills



Role play scenarios



Soteria Solutions™  
Activating Bystanders, Igniting Change.



Bringing in the  
Bystander®

# Learning Objectives

Participants gain the knowledge and skills needed to identify and safely and effectively intervene *before, during, and after* instances of risky behaviors.

## Participants in the Bringing in the Bystander College Prevention Program will:

- 👂 Gain an understanding of what bystander responsibility is and apply the concept to past experiences
- 👂 Gain understanding of individual and situational factors that facilitate appropriate bystander intervention.
- 👂 Identify the range of unacceptable behaviors and become aware of the prevalence and context of such behaviors.
- 👂 Understand the variety of negative consequences of incivility, harassment, violence including sexual violence, and discrimination for victims and communities.
- 👂 Increase empathy and express a commitment to be an active bystander
- 👂 Cultivate skills in identifying situations where intervention may be appropriate.
- 👂 Gain experience in working through the decision process with regard to bystander behaviors including the costs and benefits of intervention.
- 👂 Gain knowledge of available resources to support bystanders and victims/survivors.
- 👂 Describe the range of potential bystander behaviors and situations where action might be appropriate.

BITB College Curriculum Comparisons By License Level	Partner	The Bundle
<b>3-Year Curriculum License</b>	<b>\$3,300</b>	<b>\$3,600</b>
<b>Facilitator Guide – 2 Copies</b>	✓	✓
<b>Curriculum PowerPoint</b> (in-person and virtual training decks available), <b>Electronic Templates and Resources for customization</b>	✓	✓
<b>Facilitator Training Videos</b> to assist in facilitating select exercises in the curriculum	✗	✓
<b>Access to Soteria Solutions College Online Community</b> (500+ schools, universities, community partners)	✓	✓
<b>Training</b> provided by lead trainers from Soteria Solutions via live, online training.	Includes training for 2 people	Includes training for 2 people
<b>Implementation Guide</b>	✓	✓
<b>Bystander Intervention Social Media Kit</b>	✗	✓
<b>Scenario Bank for Colleges</b>	✓	✓

### Soteria Solutions Scenario Bank

Our Scenario Bank includes many more scenarios for students to practice their newly learned skills including scenarios that include more diverse bystanders, allowing student audiences to relate to the scenarios and better prepare for situations they may encounter. Scenarios include microaggressions, disability, race, LGBTQ+, and nontraditional students.

### Additional offerings

Consulting services for successfully implementing BITB. \$200/hour.



### Training Options

Three options to train additional staff and students to facilitate BITB for your college. Participants will learn the BITB curriculum in depth and be empowered to train future facilitators within your campus community. The 'Join Training' option is offered every other month.

Participants for a college implementation typically include faculty, staff, community partners, and students who are responsible for coordinating and/or facilitating sexual assault prevention and similar programs on campus and in the community.

**Join Training**

In person or live virtual

DURATION 1 day for in person; virtual is total of 7 hours split over two days

Ideal for training members of your college community as we can train up to 40 participants. This option provides an excellent opportunity to learn from participants from other college communities.

**\$475 pp for in person**  
**\$400 pp for virtual**

[Click here](#) for a **College BITB Training Guide** on Joining or Hosting Training

**Host Training**

In person or live virtual

DURATION 1 day for in person; virtual is total of 7 hours split over two days

This option offers the chance for a college community to train many people at once (min. of 12 and max of 40). Training materials are customized, including scenarios to resonate with the participants. This option can enable a cohesive, effective, and successful implementation.

**\$475 pp for in person**  
**\$400 pp for virtual**

[Click here](#) for a **College BITB Training Guide** on Joining or Hosting Training

**Customized Small Group Training**

Live virtual

DURATION 2 hours includes option to schedule one 2-hr session or two 1-hour sessions.

This option enables an organization to have up to five attendees trained to co-facilitate, support, or train others. The training is customized to the audience and college community. Ideal for attendees who have relevant prevention and facilitation experience and skills.

**\$1,200 for up to five attendees;**  
**\$300 pp for additional attendees**

[Contact us](#) to discuss Customized Small Group Training

# Why Soteria Solutions and Bringing in the Bystander College Program?

- ✓ **Customized** to reflect the culture, values, and colloquialisms of your campus.
- ✓ **A collaborative, flexible approach** as we partner with you as a catalyst to ignite lasting change.
- ✓ **Sustainable change is achieved.**
- ✓ **Nationally recognized** by Centers for Disease Control and Prevention (CDC), Culture of Respect, and The White House Task Force to Protect Students from Sexual Assault as a theory-driven and evidence-based sexual violence prevention program.
- ✓ We have worked with **over 500** colleges, universities, and community partners.

“ Compared to other evidence-based prevention programs, Bringing in the Bystander enables customization and allowed us to train students as facilitators.

Soteria Solutions understands the nuances that are so important to successfully implement such a program and they provide invaluable support to figure out how best to implement effectively.

”

## Kathryn Wanner

Director of Student Wellness,  
Education and Violence Prevention  
Franklin & Marshall College



## The Greek goddess of safety and salvation

Creating a better and safer world for all, one college community at a time by working with colleges and their partners to achieve sustainable change.

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## Contact

info@soteriasolutions.org  
(603) 815-4190

8 Jenkins Court, Suite 401  
Durham, NH 03824  
United States

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@SoteriaSol



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