

# Bringing in the Bystander® Prevention Program Adapted for U.S. Military



Bringing in the  
Bystander®

An innovative program that **sets the standard** for bystander intervention training. This evidence-based 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.

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

## An Evidence-Based Program

BITB College is 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. This program has been piloted and evaluated with the U.S. Army and the evidence-based evaluation findings were published in Military Medicine.<sup>1</sup>



<sup>1</sup> Potter, S. J., & Moynihan, M. M. (2011). Bringing in the Bystander In-Person Prevention Program to a U.S. Military Installation: Results From a Pilot Study. Military Medicine, 176(8), 870–875

## Evaluation of Bringing in the Bystander Prevention Program

Bringing in the Bystander (BITB) College and **Know Your Power®** have been scientifically evaluated and demonstrated to be effective prevention programs. Evaluations were funded by The National Institute for Justice, the Centers for Disease Control and Prevention, U.S. Army Europe Command (USAREUR)/Department of Defense, and the U.S. Department of Justice. Research-validated results found the following:



- ✓ Bringing in the Bystander **increases bystander intervention**. (Moynihan et al. 2015)
- ✓ Participants 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 audiences. (Cares et al. 2015)

## Learning Methods



INTERACTIVE  
EXERCISES



DISCUSSION



LECTURE



SMALL  
GROUP WORK



OPPORTUNITIES  
TO PRACTICE  
SKILLS



SCENARIOS



Soteria Solutions™  
Activating Bystanders, Igniting Change.

“ 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*

## BITB MILITARY VERSION PURCHASE INCLUDE:

<b>3-Year Curriculum License</b>	<b>\$3,600</b>
<b>Facilitator Guide</b> – 2 hard copies	✓
<b>Curriculum PowerPoint</b> (in-person and virtual training decks)	✓
<b>Electronic Templates and Resources</b> for customization	✓
<b>Access to Soteria Solutions Listserv Online Community</b> (500+ schools, universities, community partners)	✓
<b>Training Credit</b> Worth \$800 to utilize towards Hosting a Train-the-Trainer or towards a Small Group Refresher Session.	Credits do not expire and can be used to join a scheduled training if available as well.

## TRAINING-THE-TRAINER OPTIONS

	Host A Training	Small Group Refresher Session
<b>Format</b>	In person or live virtual	Live virtual
<b>Location</b>	Location: In person (we come to you) or live virtually (you pick the dates)	Live virtually (you pick the dates)
<b>Duration</b>	1 full day for in person or Virtual is total of 7 hours split over two days.	3.5 hours plus a 30 min Intro/Assessment call
<b>Target Audience</b>	<p><b>Future facilitators of various experience levels.</b></p> <p>This option offers the chance for you to train many people at once specifically on this military version. Training materials are customized, including scenarios to resonate with the participants. This option can enable a cohesive, effective, and successful implementation. Includes a hard-copy facilitator guide for every participant.</p>	<p><b>Future facilitators who have violence prevention and facilitation experience.</b></p> <p>A highly tailored session for up to 5 experienced facilitators designed to enhance their skills and knowledge of the BITB program as future trainers and stay current with the latest BITB practices, techniques, and information. Designed to meet the specific needs of the attendees and their community, the session includes a required 30-minute introductory assessment call, which must be scheduled at least one week prior to the training. This call ensures the session is aligned with the audience and objectives. Includes a hard-copy facilitator guide for every participant.</p>
<b>Price</b>	<b>\$9,500 for in person for up to 20 attendees</b> <b>\$5,200 for virtual for up to 13 attendees</b>	<b>\$2,500 for up to five attendees</b>
<b>Additional Seats to the Training</b>	<b>\$475 per person (pp) for in person</b> <b>\$400 pp for virtual</b>	<b>\$500 pp for additional attendees</b>

TO DISCUSS HOSTING A TRAINING OR A SMALL GROUP REFRESHER SESSION.

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### ADDITIONAL OFFERINGS:

- Join a Military Based Training if Available- Use your training credits to get 2 seats to join an established training either being hosted in-person or virtually that centers around the Military-Version of BITB but includes other attendees from other military communities.
- Consulting services to support successful BITB implementation (\$200/hour).

Bringing in the Bystander® is owned by the University of New Hampshire and exclusively distributed by Soteria Solutions and the curriculum is protected by copyright and trademark law.

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