



# Creating an Effective Bystander Environment

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**Think About elements of an  
“Environment” that make bullying  
(on or off line) unlikely to occur  
and that encourage positive  
behaviors... then think about  
“Prevention” Approaches....**

# Challenge social/organizational norms

- Normalization of sexual harm
- Normalization of bullying & committing acts of harm and other violence
  - “Just the way it is” “No big deal” “Can’t expect kids not to bully”
- Identify who gains/profits from it
- Identify what practices “feed” it
- Make connections between “Digital” and “Real” world

# Stand Up Not By – We're All Bystanders

- Adults and young people
- Adults should not expect young people to do what adults are unable or unwilling to do





# Not “Nots”

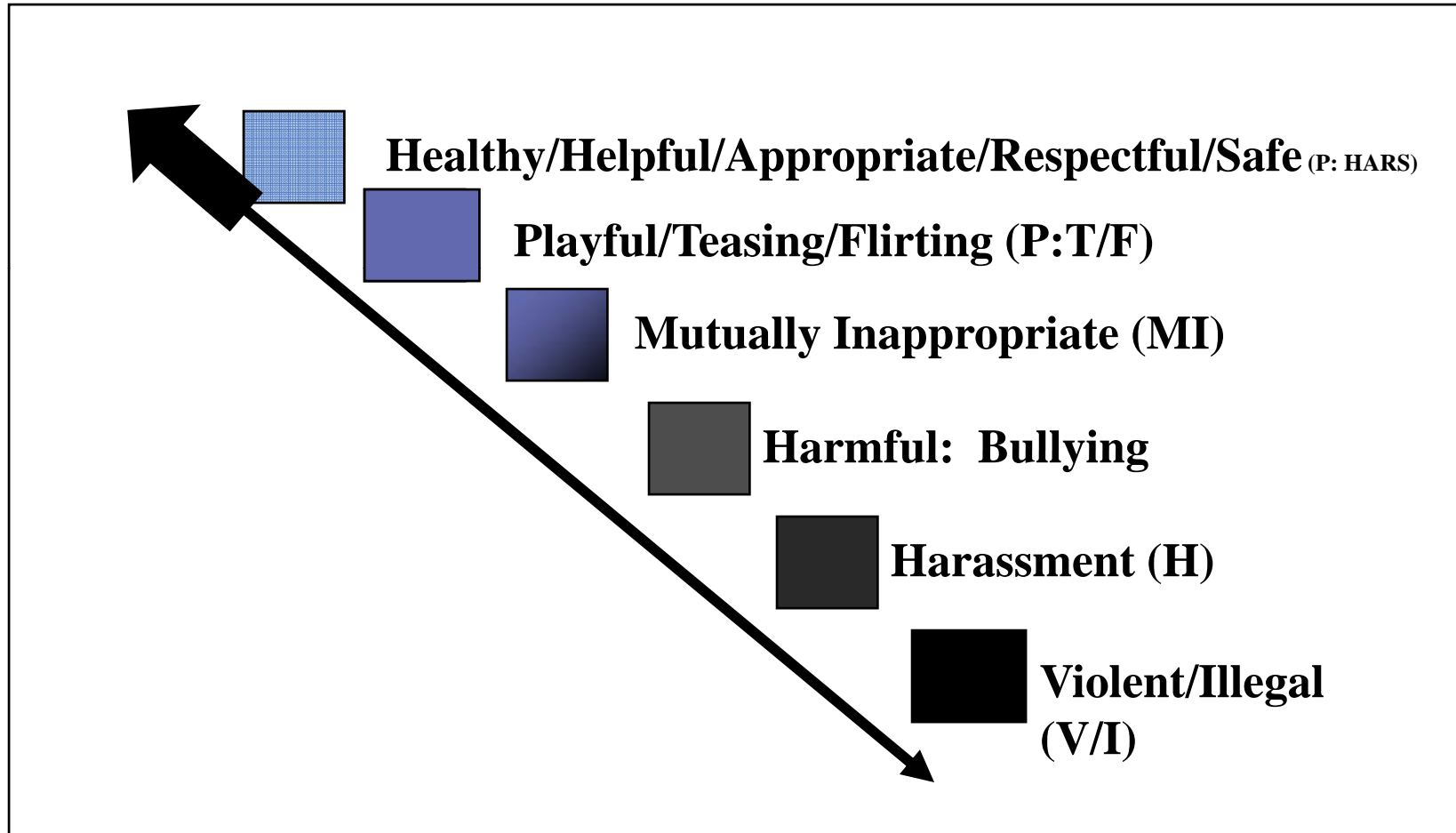
- Not my job
  - Not my problem
  - Not my responsibility
- 
- Once I know of harm, it is my business



# Create the Norm to Expect Bystander Action



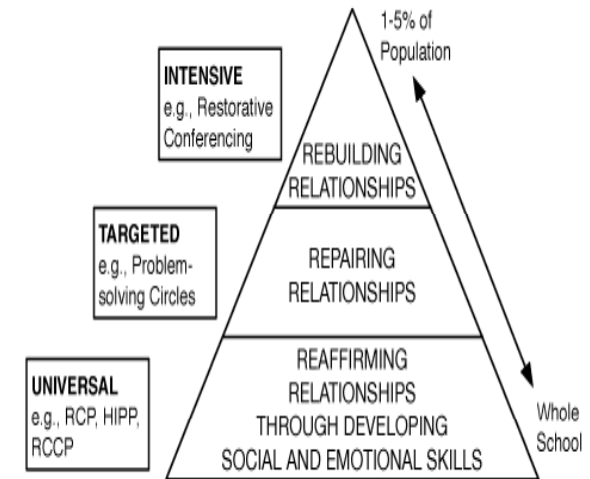
# The (Sexual) Behavior Continuum





# Restorative Approaches

- Name the harm done
- Accountability for the doer
- Victim centered
- Impact on community  
(off V shoulders)
- Solutions in the circle
- Monitor



# Prevention Tool: SEAD

## Stop Everything & Dialogue

- Brief Lesson
- Circle
- Art Infused Activity
  
- Staff trainings, Debrief  
& Action Plan
- School Wide



# Demand the Change

DEMAND CHANGE

THE WITH

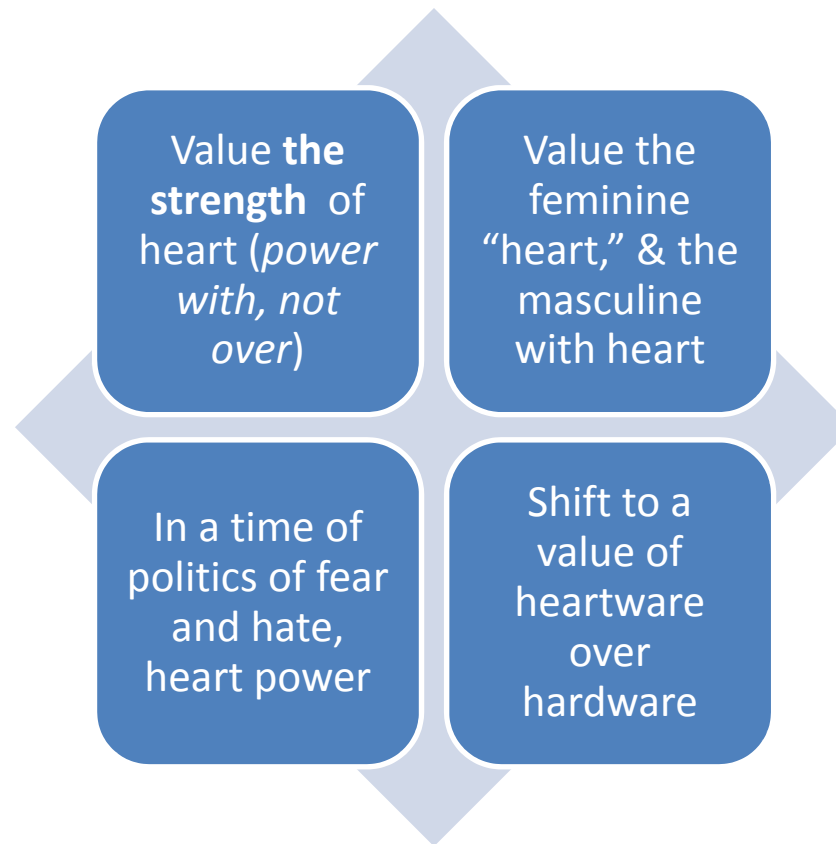
CHANGE HEART



Minnesota Coalition Against Sexual Assault



# Change with Heart



# Your Stories



- I will/I have demand(ed) the change by.....
- I inspired a change of heart by....

# We Can Build on Efforts to Engage Youth (think of the “rip it out” effort)

- To know, to feel, to experience the power of solutions, the power of their voice, their competence to act
- Their ability to make change
- Their experience, their perspective & their energy is needed
  - Collect their stories, examples of demanding change



# Posters

- **You're the one**

Who saw the sexual harm  
Who felt the outrage  
And said "no more"  
I'm not okay with 'just the way it is,'  
..... It's not the way it should be  
..... It's not funny to me  
I want you to stop  
I want this removed  
I am offended

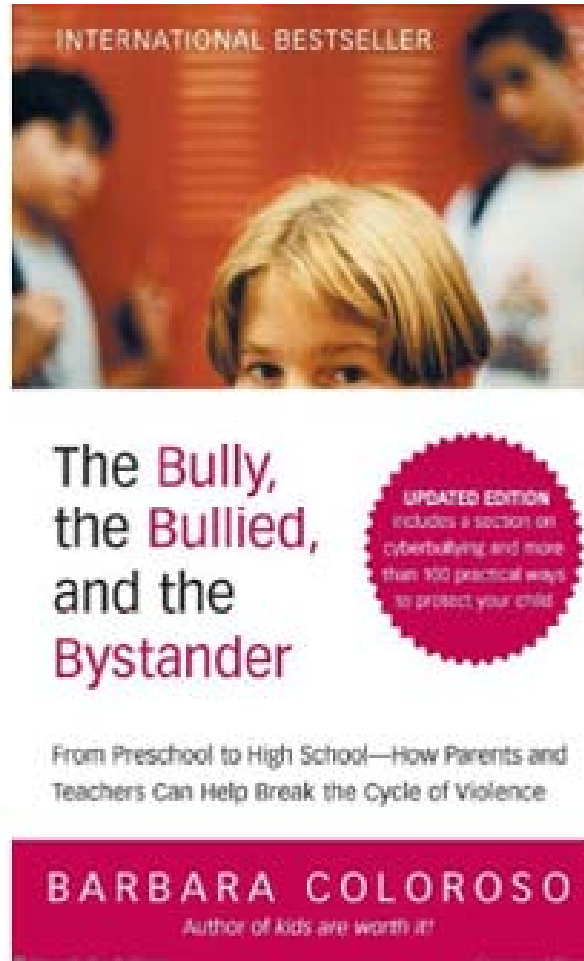
**I demand a change!**



# We Can Build Momentum and Movement based on Solutions & Successes



# Resources



[www.ThatsNotCool.com](http://www.ThatsNotCool.com);



- 35 Call out cards (send via text to let someone know they've crossed the line)
- Textual Harassment
- Privacy Problems
- Pic Pressure
- Q's?"
- Constant messaging
- Cell phone trouble
- Rumors



# **BYSTANDERS**

**Take a Stand for Someone Being Bullied!**

**B**e helpful  
**Y**ou can make a difference  
**S**peak up, use humor  
**T**ell an adult  
**A**ct assertively  
**N**ever bully others  
**D**iscuss other choices  
**E**mpathize with them  
**R**ole model good behavior  
**S**how support

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**Remember:** Primary Prevention is beyond *individual* act, beyond *individual* skill development

- & Is NOT the Burden of the Target alone
  - Or Children
  - Or Parents
- NEED action to stem the flow
- the acceptance
- the norm



Michael Meister

