



Live the Green Dot Schuylkill

Tamaqua Area Pub Owners, Bartenders & servers

### Bystander Awareness Training

- What is “Green Dot”? The history behind the name, the development of the Prevention Program, places implementing the program, 7 years of scrutiny by the CDC at U of K.
- What is a bystander and why does Tamaqua need a prevention and bystander education outreach program? The stats of where we are now.
- The cell phone or facebook phenomena as it relates to shifts in cultural norms.
- Creating or re-establishing a new cultural norm which is intolerant to personal violence of any kind.
- The good news: We outnumber the “bad guys” by thousands to one...
- New terms to use: **Power Based Personal Violence** can be: child abuse, certain peer bullying, stalking behaviors, rape, sexual assault, gender & sexuality intimidation and hate crimes, elder abuse, mistreatment or abuse of peoples with intellectual or physical disabilities, etc. *(ANY instance where 1 person exhibits power over another and causes physical, psychological, sociological and or emotional harm to the other)*
- **Recognizing Personal Barriers to acting as a bystander:**
  - Group / Social Dynamics:
    - A. Diffusion of responsibility
    - B. Evaluation Apprehension
    - C. Pluralistic Ignorance
    - D. Cause of misfortune – victim blaming
    - E. Helping model
  - Peer Influence related obstacles:
    - A. The single biggest determining factor in our social behavior is our social network of peers, colleagues, family and acquaintances.

Personal Obstacles:

- A. Personality traits: shyness, timid, avoider of conflict, etc.
- B. What you believe society has told you to “not get involved.”
- C. Belief that your intervention matters; is necessary and can change the outcome.

- **The Three D’s:**

1. Direct – a person to person question: “Are you ok, is he bothering you, can I help, should I call someone for you, would you like to speak to someone (in authority), etc.
2. Distract – an action which causes an aggressor to change their focus of attack: “Spill a drink, ask about the weather, sports teams, is this your phone, did you order this, can I see you at the cash register, there is a phone call for you, I need you to move to a different table, is your car alarm going off....” Distractions are only limited to the level of creativity you possess. ALWAYS make an attempt to isolate a potential (victim) and ask if they are ok whenever possible.
3. Delegate- ask a manager, bouncer, security guard, owner, police officer to address a potential situation.

*A potential Red Dot situation + Personal Obstacle = Self Defining Moment*

*No One has to do everything, but everyone has to do something.*

- **Assessing your own safety:** How can I keep myself safe? Are there others I may call upon for help or who will recognize danger and help without asking? What are my available options? What are the benefits & costs of taking action?
- Establish code words and phrases specific to your workplace to identify potential situations and associated dangers. (Code Adam) (Mr. Wesson please call the front desk)
  
- “How would a tourist or visitor to our town know that we are intolerant to Power Based Personal Violence?”
  - A. Use of resources, media, supporting network, culture.
  - B. Available Assault Resources and Trauma Counselor
  - C. Ongoing commitment to ensure the safety of others and re-establish cultural norms.
  - D. Shared benefits of a safer, prosperous, vibrant community.
  - E. Ongoing mutually supportive relationship with LGDSkook Program: Green Dot awareness specials, trivia nights, use of posters, coasters, prizes, safety cards, etc.
  
- **Questions and Discussion:**