



Active Bystander Training (Sexual Harassment)

In 2018 66% of girls aged 14-21 in Gloucestershire said they had experienced unwanted sexual attention/harassment in a public place.

Bystander training can help people become confident at safely intervening in harmful situations.

When someone intervenes well:

- The wrongdoer receives the message that their behaviour is not okay. This stops the harm in progress and can prevent them from doing it again.
- It tells others that the behaviour is not tolerated and that it's safe to intervene, changing the group norm.

Active Bystander training works with participants in a positive and empowering way to think about scenarios and helpful behaviours which could help to make a difference and make the community safer for everyone.

We cover the definition of a bystander and the types of bystanders, outlining how a bystander can intervene to stop events before they happen or while they are happening. We look at the 4 stages of intervention and the reasons why individual's do not intervene including social psychological theory and social norms theory.

The programme is delivered in two 3-hour sessions or three 2-hour sessions with a period in between each session for reflection. Active Bystander training can be delivered to anyone. An activity-based course designed for members of the community and businesses to learn more about sexual harassment, and how they can help combat it by learning skills to intervene as a positive bystander.

Training Workshop

The course will last 6 hours and is delivered by two experienced trainers. It can be run over two or three sessions. The course will include information and a demonstration of our personal safety App, Hollie Guard along with FLARE, an anonymous reporting App. The ideal group size is around 16 – 20 individuals to ensure optimum benefit for all participants, as it is interactive and involves working through scenarios and role-plays.

