

# Bringing in the Bystander® High School Prevention Program



An innovative program adapted from the acclaimed Bringing in the Bystander College Prevention Program, based on decades of research on bystander intervention. 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, violence 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



Bringing in the Bystander® High School Prevention Program has been adapted from the acclaimed Bringing in the Bystander College Prevention Program, based on decades of groundbreaking research by the University of New Hampshire's Prevention Innovations Research Center. This research led to developing the Bringing in the Bystander College program, incorporating the most effective strategies for students to prevent and react to undesirable situations and scenarios on campus and throughout the community.

To learn more about bystander intervention research, [click here](#).

## Evaluation of Bringing in the Bystander Prevention Program

Bringing in the Bystander (BITB) College was evaluated and demonstrated to be an effective prevention program, satisfying many grant requirements. Evaluations (Moynihan et al., 2015; Cares et al., 2015; Peterson et al., 2016) were funded by The National Institute for Justice, the Centers for Disease Control and Prevention and the US Department of Justice.

The High School program was adapted from the College curriculum and included extensive evaluation from 26 high schools funded by the Centers for Disease Control and Prevention (CDC). The evaluation findings (Edwards et al., 2019) included:



- ✓ Students exposed to the high school curriculum demonstrated significant short-term changes in victim empathy.
- ✓ Promising reduction in sexual harassment and stalking.
- ✓ The curriculum significantly reduced rape myths and bystander barriers.
- ✓ Long-term effect of increased media literacy and bystander readiness.

### 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 High School Prevention Program will:

- 👂 Be able to list healthy and unhealthy relationship behaviors and recognize the difference when viewing relationships depicted in media.
- 👂 Understand the importance of consent, be able to articulate what consent is, and identify situations where obtaining consent from another individual is not possible.
- 👂 Identify language that is associated with unhealthy community norms related to sexual violence.
- 👂 Understand that there is a relationship between sexist/gendered language and the overall health of a community.
- 👂 Be able to articulate reasons why people do not intervene as positive bystanders.
- 👂 Symbolically 'let go' of negative reasons for not intervening as a positive bystander.
- 👂 Identify everyday instances of helping peers or others and why they did so.
- 👂 Begin to self-identify as positive bystanders.
- 👂 List and be able to recognize warning signs for relationship abuse.
- 👂 List and articulate barriers to helping/supporting friends in immediate crisis and in the long term.

BITB High School Curriculum Comparisons by License Level	Partner	The Bundle
<b>3-Year Curriculum License (v1.23)</b>	<b>\$1,600</b>	<b>\$1,900</b>
<b>Know Your Power® High School</b>	X	✓*
<b>Facilitator Guide for relevance and time management - 2 Copies</b>	✓	✓
<b>Facilitator Training Videos</b>	X	✓
<b>Curriculum PowerPoint, Electronic Templates and Resources</b>	✓	✓
<b>Access to Soteria Solutions High School Online Community</b> (schools and community partners)	✓	✓
<b>Virtual Office Hours</b> with Soteria Solutions professionals and trainers to discuss, share and learn	✓	✓
<b>Bystander Intervention Social Media Toolkit</b>	X	✓

\*Included with The Bundle is Know Your Power High School and two marketing campaigns including two images and 50 posters (25/scenario).

**Additional offerings** Consulting services for successfully implementing BITB: \$200/hour.



### Training Options

In addition to the virtual office hours, Soteria Solutions offers three training options for community partners, teachers and students to facilitate BITB for your high school community. Participants will learn the BITB curriculum in depth and be empowered to train future facilitators within your high school community.

Participants for a high school implementation typically include community partners, high school teachers, counselors, coaches, staff and students who are responsible for coordinating and/or facilitating sexual assault prevention and similar programs at the high school 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

This option is ideal for training members of your community as we can train up to 40 participants. This option provides an excellent opportunity to learn from participants from other high school communities. Typically offered two times per year.

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

[Click here](#) for a **High School 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 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 **High School 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 high school 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

## What training option is the best solution for your organization?

[Contact us](#)

if interested in Customized Small Group Training

[Click here](#)

for a High School BITB Training Guide about Joining or Hosting

# Why Soteria Solutions For Your High School?

- ✓ Solutions customized to leverage your high school's strengths, culture and values.
- ✓ A collaborative, flexible approach as we partner with you as a catalyst to ignite lasting change.
- ✓ Bringing in the Bystander is based on leading research on bystander intervention.
- ✓ Bringing in the Bystander was evaluated and demonstrated to be an effective prevention program, satisfying many grant requirements.
- ✓ Sustainable change is achieved by improving organizational frameworks (e.g., goals, core values, reporting mechanisms, cultural norms) essential to making strategic shifts.
- ✓ The program, adapted for high schools, is based on the College Prevention Program that is 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.
- ✓ Skilled trainers with many years of sexual violence prevention experience lead these trainings. The High School Prevention Program was developed by two of our trainers. Learn more about [Caroline Leyva](#) and [Bobby Eckstein](#).

“ Bringing in the Bystander is a very strong curriculum – it is youth-centered and visually appealing without being cheesy, and provides great support for facilitators through scripts, training, and helpful hints. It also provides multiple opportunities in each module to make the curriculum relevant and tailored to a more specific audience or communities. The content is comprehensive and in-depth, but also manageable enough that students would not feel overwhelmed by the content or need much prior knowledge to comprehend the lessons. ”

**Superintendent of Public Instruction**  
Washington State



## The Greek goddess of safety and salvation

Creating a better and safer world for all, one high school community at a time by working with community partners and high school leaders to achieve sustainable change.

Bringing in the Bystander® and Know Your Power® are owned by the University of New Hampshire and exclusively distributed by Soteria Solutions.

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