

Soteria Solutions

Creating a better and safer world for all,
one high school at a time.

Soteria Solutions works with community partners and high school leaders to achieve sustainable change by creating and maintaining safe and respectful learning environments.



The Greek goddess of
safety and salvation



Solutions for Sustainable Change

Our solutions are based on in-depth research offering the most effective strategies for students to *prevent and react* to undesirable situations and scenarios in school and throughout the community. Solutions are based on decades of bystander intervention research focused on sexual assault and sexual violence.

Solutions are developed and implemented to leverage an institution's strengths. We embrace the importance of customization to understand and leverage our client's unique protective factors as it is such factors that are essential to achieve lasting impact.

Soteria Solutions has worked with state organizations and high schools throughout the country. Through consulting and training, skills are learned, empathy enforced and intervention practiced to make integral, strategic advances. We offer virtual and in-person training options with solutions customizable to best serve your unique high school community.

Our Mission

To create a better world where people are safe and respected in their learning, living and working environments; where incivility, harassment, violence and discrimination are eradicated.

High School Solutions for Safe and Respectful Learning Environments

High School solutions are based on decades of evidence-based research centered on sexual assault and violence, including understanding healthy relationships and warning signs of unhealthy relationships.

To create and maintain safe and respectful learning environments, high school students learn to identify unacceptable behaviors and learn how to determine when and how to safely intervene.

Examples include, but are not limited to, the following:

- Cyberbullying and harassment
- Homophobia and transphobia, including being outed.
- Body shaming
- Retaliation
- Stalking
- Dating violence
- Sexual assault
- Sexual violence

The Catalyst to Ignite Change

Soteria Solutions works with organizations who are committed to building the capacity to achieve sustainable change.

We work closely together to ignite change so you then carry the torch to maintain an environment of safety and respect for all.








Soteria Solutions™

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Why Soteria Solutions?

- Solutions customized to leverage your institution's strengths, culture and values.
- A collaborative, flexible approach as we partner with you as a catalyst to ignite lasting change.
- Sustainable change is achieved.
- BITB and KYP are based on leading bystander intervention research.
- Bringing in the Bystander High School was extensively evaluated by 26 high schools, funded by the CDC.
- Bringing in the Bystander® High School Prevention Program meets 7 out of the 8 National Health Education Standards (NHES).
- Know Your Power for high schools is based on the nationally recognized program that includes realistic and thought-provoking scenarios to highlight the role every community member has in ending violence and harassment.
- BITB and KYP adapted for high schools are based on the programs 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.

Our High School Solutions include:

-  **Bringing in the Bystander® High School Prevention Program**
An evidence-based prevention program based on bystander intervention research. This innovative, proven program applies a community of responsibility model teaching bystanders how to intervene safely and effectively.
-  **Know Your Power® Marketing Campaigns**
A set of bystander intervention marketing campaigns developed based on bystander intervention research and focus groups that effectively raise awareness and willingness to safely intervene. Many scenarios to choose from developed for high school students.
-  **Bystander Intervention Social Media Kit**
Used in conjunction with the above solutions, this kit reinforces the important role of a bystander. With dozens of images, files and videos for social media channels, this solution increases awareness and keeps important high school bystander messages top of mind.
-  **Technical Assistance and Consulting**
We offer technical assistance focused on the development, implementation and evaluation of prevention tools and frameworks, compliance strategies, survivor services, research measures and strategic planning.
-  **SWAG**
From t-shirts to pens, SWAG increases visibility and awareness of prosocial behavior.



A Lineage of Research and Proven Strategies



Our founders, Jane Stapleton, President of Soteria Solutions, and Sharyn Potter launched the Prevention Innovations Research Center (PIRC) at the University of New Hampshire. Through PIRC they have released groundbreaking research, trained a new generation of researchers, and continue to provide guidance to local, state, and national coalitions and consortiums.

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