



**WE ARE
PROJECT
ZERO**

POSITIVE BYSTANDER ACTION

PROJECT ZERO funded by:



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We are **PROJECT ZERO** and we have been funded by the West Yorkshire Violence Reduction unit to deliver violence against women and girls provision in schools across Calderdale.

We work closely with West Yorkshire Police, through the other projects that EdShift delivers.



ASSEMBLY OVERVIEW

The assembly focuses on how we can all use positive bystander action in everyday situations, where our action is needed to help someone.

We will be exploring positive bystander action in sexual harassment situations and how a person can influence situations by being a positive or negative bystander and identify practical and safe solutions for helping others affected by sexual harassment.



THE SKILLS YOU LEARN TODAY WILL EMPOWER YOU TO HELP PEOPLE IN YOUR SCHOOL AND COMMUNITY.



You might think you don't need it now, but it might help you in the future.



Having the skills to diffuse a violence is a life skill that you can use in many different situations, now and in your adult life.



The thing about Positive Bystander Action is that it can be used in all situations where someone might need your help.



It's about using your position to intervene to stop something potentially harmful from happening or preventing it from escalating.

ASSEMBLY OUTCOMES

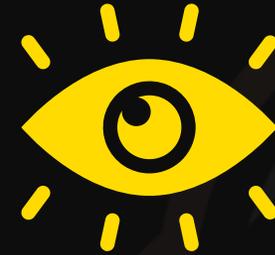
YOU WILL:



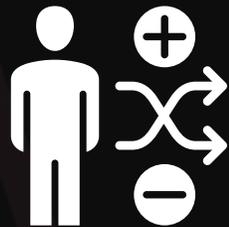
**UNDERSTAND WHAT A
POSITIVE BYSTANDER IS**



**UNDERSTAND THE ROLE OF A
POSITIVE BYSTANDER**



**UNDERSTAND DIFFERENT TYPES OF
BYSTANDER BEHAVIOUR
(POSITIVE/ NEGATIVE)**



**UNDERSTAND THAT THE
BYSTANDER CAN HAVE A PIVOTAL
ROLE IN AFFECTING OUTCOMES**



**IDENTIFY WAYS A BYSTANDER
COULD RESPOND TO SEXUAL
HARASSMENT.**

I HAVE THE RIGHT TO:



Privacy – Nobody will be asked personal questions



Speak without anyone interrupting



Be listened to



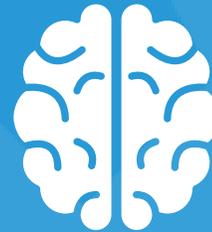
My own personal space



Express my ideas and feelings



Be respected for my views and opinions even if they are different from everyone else's



Learn



Make mistakes without being laughed at – there is no such thing as a wrong answer.

WE SHOULD ALL TRY TO:



JOIN IN AND MAKE A
POSITIVE CONTRIBUTION
TO THE LESSON.



SUPPORT OTHER
PEOPLE WHO ARE LESS
CONFIDENT.



LISTEN TO AND
RESPECT WHAT
OTHERS HAVE TO SAY.

WHAT IS A POSITIVE BYSTANDER?

Positive Bystander Action is an approach that can be used to improve situations where it looks like someone could use some help.

It's about being an active, positive contributor, instead of ignoring the situation or expecting someone else will step in and fix it.

Bystanders are witnesses who have seen something bad happen.

Passive bystanders are people who choose, for whatever reason, to ignore the situation, or to do nothing about it.



**ACTIVE BYSTANDERS ARE
PEOPLE WHO DO
SOMETHING TO TRY AND
IMPROVE THE SITUATION.**



When bystanders see or hear something that makes them think *"somebody should do something about this"*



Passive bystanders think *"somebody else should do something about this."*



Active bystanders think *"I should do something about this."*

YOU CAN BE A POSITIVE OR ACTIVE BYSTANDER IN MANY WAYS.

IF THERE'S A GROUP OF PEOPLE
TELLING SEXIST JOKES OR JOKES
THAT Demean WOMEN:



WOULD YOU SPEAK UP AND SAY
YOU DON'T WANT TO HEAR IT?

IF SOMEONE SENDS YOU EMAILS
OR TEXTS WITH CONTENT THAT
DemeanS WOMEN:



WOULD YOU ASK THEM TO STOP?

IF SOMEONE IS DRUNK AND
CAN'T MAKE THEIR WAY HOME
SAFELY:



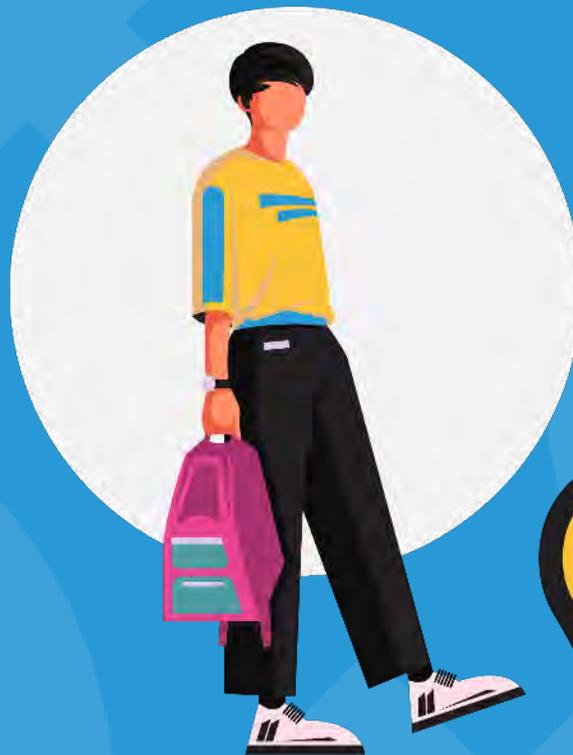
WOULD YOU MAKE SURE THEY GET
HOME SAFELY?

IF YOU SEE A SERIOUS SITUATION
THAT LOOKS LIKE POLICE
ASSISTANCE IS REQUIRED:



WOULD YOU CALL THE POLICE?

**WHO WOULD
YOU PREFER
TO BE?**



**THE PERSON THAT
STEPS IN**

OR



**THE PERSON THAT
WALKS AWAY.**

YOUR ACTIONS CAN MAKE A MASSIVE DIFFERENCE

Victims who have been supported through positive bystander action said:



"I felt safer and supported, sometimes you think you're going mad because you think you're the only one that's seeing it but when she called her out and told her to stop bullying me I felt seen."



"Relieved that someone stepped in, and I didn't have to handle it alone."



"Validated, cared and less isolated, restored my faith in humanity because he didn't care what his mates thought about him, he was concerned about how scared I was in that moment."



"If they hadn't stepped in when they did, I could have been seriously harmed or worse killed. In that moment he saved my life and prevented the other lad from going to prison."

**TWO OF THE MOST IMPORTANT, YET
CHALLENGING ASPECTS TO BEING AN ACTIVE
BYSTANDER ARE:**



**IDENTIFYING YOUR
RESPONSIBILITY
TO HELP**



**KNOWING WHAT TO
DO AND HOW TO DO
IT SAFELY.**

REGARDLESS OF WHICH WAY YOU CHOOSE TO BE AN ACTIVE BYSTANDER THERE ARE 2 IMPORTANT RULES:

SAFE

- Keep yourself and others safe. Assess the risk. If you are concerned for the safety of yourself or others, you can choose a more indirect form of being an active bystander. If you get involved in a situation that starts to feel unsafe, try and get out of it and then reassess your options.
- Don't be aggressive or violent.
- The purpose is to challenge unacceptable behaviour with acceptable behaviour.

REGARDLESS OF WHICH WAY YOU CHOOSE TO BE AN ACTIVE BYSTANDER THERE ARE 2 IMPORTANT RULES:

ACTIVE

- Do something. Focus on what you can do.
- Don't talk yourself out of action by saying things like 'what's the point, it won't change anything' or 'someone else will do something about it'.
- Believe that you can influence others.
- Always stay calm and try to calm others. The less agitated people are the less likely things are to get out of control.

WE'RE GOING TO WATCH A CLIP ABOUT POSITIVE BYSTANDER ACTION, AND THEN LOOK AT THE DIFFERENT STEPS JACOB TAKES TO BEING A POSITIVE BYSTANDER.



THERE ARE FOUR STEPS JACOB TAKES TO BEING AN ACTIVE BYSTANDER:



NOTICE THE EVENT

Jacob recognises behaviour that might signal sexual harassment.



FEEL RESPONSIBLE FOR HELPING (YOU DECIDE TO ACT)

Jacob chooses to take responsibility to act – if you struggle to decide whether to act ask yourself ‘would I want someone to take action if this was a family member’?



RECOGNISE THERE'S A PROBLEM

Jacob realises that action needs to be taken, he understands that if he doesn't take action the problem could get worse.



DECIDE HOW TO INTERVENE SAFELY:

There are three approaches DIRECT, DISTRACT, DELEGATE. What approach does Jacob take?

SAFE APPROACHES TO BYSTANDER INTERVENTION:

Being an active bystander doesn't always mean confronting a perpetrator face to face. If there are safe and calm ways that you can address a perpetrator, you may choose to step in, but it's important to remember bystander intervention is about improving the situation and this can include improving the situation in direct and indirect ways.

JACOB USES THE DIRECT APPROACH.



DIRECT ACTION INCLUDES:



**NAME OR
ACKNOWLEDGE AN
OFFENCE.**



**NAME OR IDENTIFY
INAPPROPRIATE
BEHAVIOUR SO IT ISN'T
JUST GLOSSED OVER OR
IGNORED.**



**CREATES AN
OPENING FOR
DISCUSSION.**



**SURFACE A CONCERN
BEFORE IT BECOMES
A BIGGER ISSUE.**

IN OTHER SITUATIONS THAT MIGHT NOT FEEL SAFE, YOU CAN INTERVENE THROUGH OTHER TECHNIQUES SUCH AS:

DISTRACTION OR DELEGATING (ASK SOMEONE ELSE TO INTERVENE)

When we directly intervene, we take responsibility to actively confront the situation like Jacob, so we need to make sure it's safe to do so.

WHEN MIGHT IT BE SAFE TO DIRECTLY INTERVENE AND CONFRONT SOMEONE?

- When it's a mate or someone you know
- You're in a safe and familiar environment.
- Other people are supporting you (There's power in numbers)



IF YOU DON'T FEEL IT'S SAFE TO DIRECTLY INTERVENE YOU CAN CHOOSE TO:

DISTRACT

Distraction techniques work to redirect the focus somewhere else, like saying something like:

*"EXCUSE ME MATE
DO YOU KNOW
WHERE KFC IS?"*

OR

*"COME ON WE
NEED TO GO FOR
THE BUS."*

IF YOU DON'T FEEL IT'S SAFE TO DIRECTLY INTERVENE YOU CAN CHOOSE TO:

DELEGATE – YOU ASK SOMEONE ELSE TO INTERVENE



POLICE



TEACHERS



PASSER BY



FRIEND



NEIGHBOUR

WHEN MIGHT BE AN APPROPRIATE TIME TO USE THE DELEGATE TECHNIQUE?



PHYSICAL VIOLENCE



WEAPON



WHEN YOU KNOW A
CRIME HAS ALREADY
TAKEN PLACE



ALONE

ACT - LASTLY YOU ACT AND RESPOND, AND SAFELY INTERVENE.

“I” STATEMENTS

**THERE ARE OTHER
TECHNIQUES WE CAN
USE TO BE A POSITIVE
BYSTANDER**

THREE PARTS:

1. State your feelings
2. Name the behaviour
3. State how you want the person to respond.
This focuses on your feelings rather than criticizing the other person.

INTERRUPTING BEHAVIOUR

THIS CAN:

- Protect someone from being hurt or offended and someone else from giving offense or harm.
- Snaps someone out of their “sexist comfort zone.”
- Allows a potential target to move away and/or to have other friends intervene.

EXAMPLE

Ask a man harassing a woman on the street for directions or the time.



- Use body language to show disapproval.
- Communicate that the behaviour is unacceptable.
- Sometimes a disapproving look can be simpler and more effective than words.

BRING IT HOME



Prevents someone from distancing himself from the impact of his actions.



Prevents someone from dehumanizing his targets.

EXAMPLE



“What if someone said that to your girlfriend?”

EMPATHY

Show your concern and support. Publicly support the victimised person.

Focus on victim: ask "are you ok?"



PUT YOURSELF IN THE TARGET'S POSITION

YOU WOULD WANT SOMEBODY TO SUPPORT YOU IF YOU WERE BEING SEXUALLY HARASSED.



CHAT WITH THE VICTIM DIRECTLY AND AWAY FROM AN AUDIENCE.

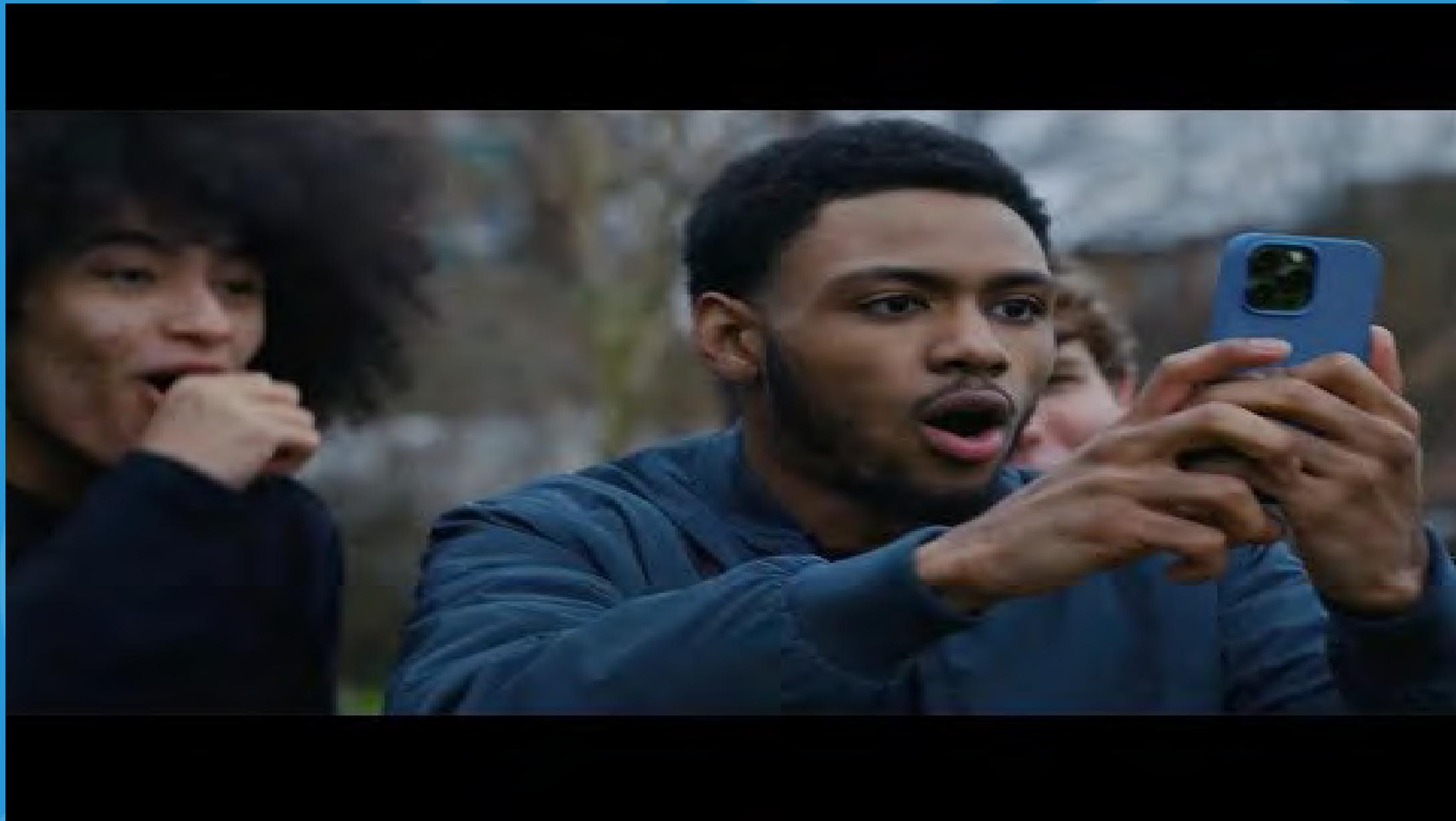
YOU DON'T HAVE TO MENTION THE SEXUALLY HARMFUL BEHAVIOUR.

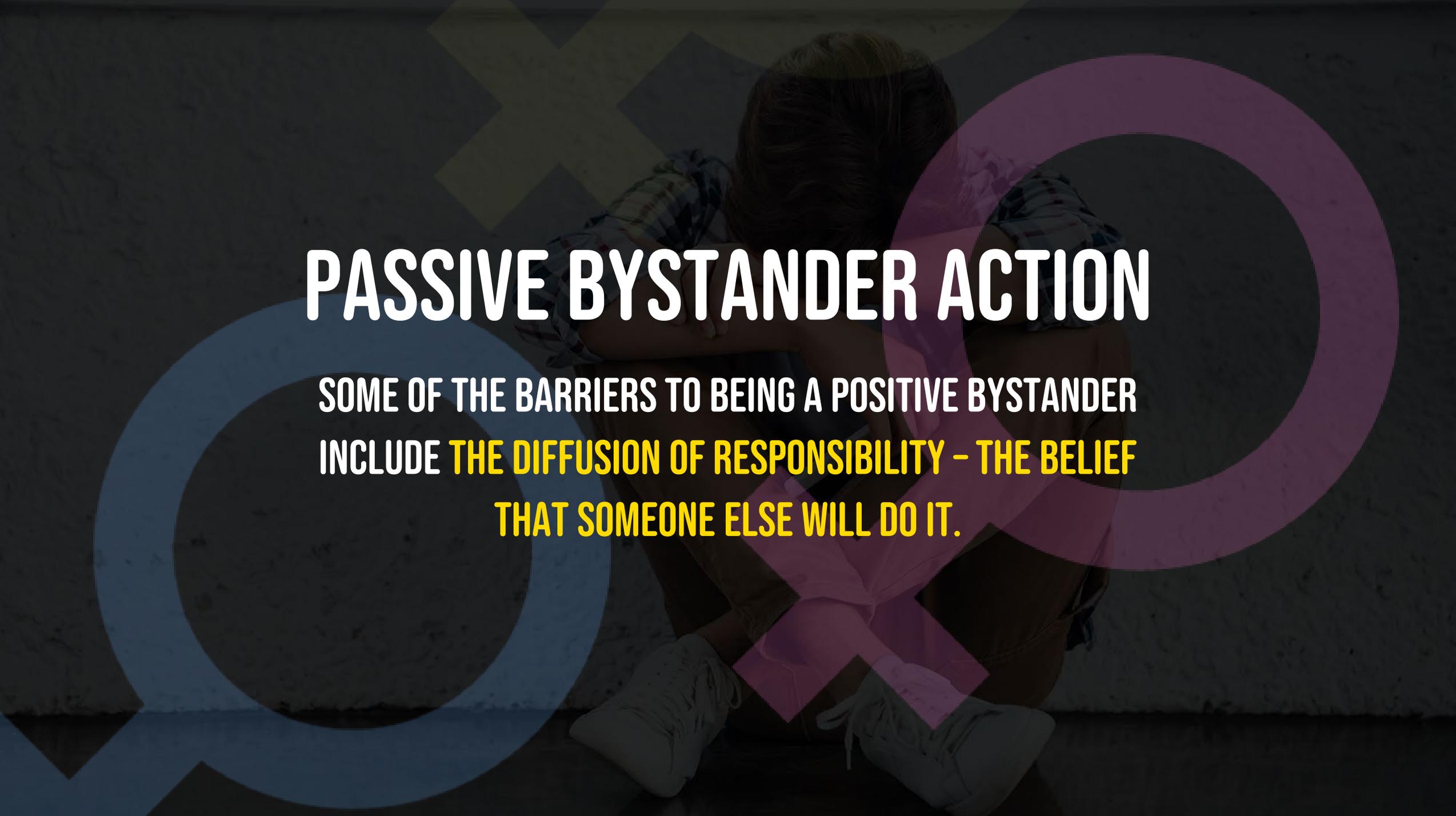


CHECK IN WITH THE VICTIM AND COMFORT THEM

THIS COULD BE DONE IN PERSON OR VIA A TEXT OR PRIVATE MESSAGE.

YOUR SUPPORT MIGHT REDUCE ANY FEELINGS OF ISOLATION A VICTIM MAY HAVE.



A person is sitting on the floor with their head buried in their arms, suggesting a state of despair or helplessness. A large, semi-transparent purple 'X' is overlaid on the person's torso. The background is dark with a faint, repeating pattern of light-colored squares.

PASSIVE BYSTANDER ACTION

SOME OF THE BARRIERS TO BEING A POSITIVE BYSTANDER
INCLUDE **THE DIFFUSION OF RESPONSIBILITY – THE BELIEF
THAT SOMEONE ELSE WILL DO IT.**

OTHER BARRIERS ARE:

BEING TOO CONCERNED ABOUT HOW YOU LOOK

NOT WANTING TO LOSE FACE

BEING RIDICULED

WORRYING ABOUT YOUR SOCIAL STATUS
OR STANDING WITHIN A GROUP.

NO LONGER BE INCLUDED TO DO THINGS
WITH THE GROUP OF PEOPLE YOU FEEL YOU
SHOULD CHALLENGE

NOT WANTING TO MAKE THE
SITUATION WORSE

STAND OUT - WHEN YOU WANT TO FIT IN
WITH WHAT MIGHT APPEAR TO BE A
'NORMAL' SITUATION.

BEING UNSURE ABOUT HOW TO HELP IN A
SAFE WAY

FEAR OF BECOMING THE
NEXT TARGET

STAND UP/STEP IN



In situations where perpetrators face no opposition, they may interpret silence as encouragement to continue behaving in ways that cause serious harm to others.



It is important for bystanders to judge how best for them to safely intervene to support a target.



Bystanders play an important role in influencing the outcome of a sexual harassment situation.



Our decision to step in and help someone has a greater chance of causing the sexual harassment to stop, than if we do nothing.



to make them shut up or at least just talk to me.

REPORTING INCIDENTS

- **Tell an adult you can trust and has the authority to help.**
- **This may be a parent, teacher, head teacher, pastoral lead, tutor, or family member.**
- **Report sexual harassment to the police if you feel someone's personal safety has been threatened.**
- **Report anonymously. If you want to protect your identity, think about reporting the situation anonymously.**
- **Speak to an external organisation – EdShift can support you with the process if you would like someone outside of school to act on your behalf.**
- **You can speak with a counsellor via Childline.**



BECOME A PROJECT ZERO ALLY BY
SIGNING UP VIA OUR WEBSITE
WWW.EDSHIFT.CO.UK WHERE YOU CAN
MAKE A PLEDGE AND JOIN US IN OUR
MISSION TO END VIOLENCE AGAINST
WOMEN AND GIRLS.



JOIN US

SUPPORT

If anyone has been affected by the issues discussed today, I have an allocated hour to talk with students. You can also speak with your safeguarding lead and pastoral team.

You can contact a member of our team or other national organisations such as:

Childline 24 hour confidential listening service for children.NSPCC

Tel: 0800 1111

Website: www.childline.org.uk

Broken Rainbow

A service for lesbian, gay, bisexual and transsexual people

Tel: 08452 60 44 60 (limited opening hours)

Rights of Women

Free Legal Advice.

Tel: 020 7251 6577

Textphone: 020 7490 2562

Website: www.rightsofwomen.org.uk

FORWARD

Support and advice about female genital mutilation.

Tel: 0208 960 4000

National Forced Marriage Unit

Help for those who have been forced into marriage overseas; are at risk of being forced into marriage; or people worried about friends or relatives.

Tel: 0207 008 0151

Imkaan

A national second tier charity, dedicated to the development of the specialist Asian women's refuge sector.

Website: www.imkaan.org.uk



THANK YOU

www.edshift.co.uk/project-zero



EdShift
ACT OUT/SPEAK UP

PROJECT ZERO funded by:



West Yorkshire
**Violence
Reduction Unit**