

# Green Dot Bystander Intervention

Presented by Christy Ainsworth, L.C.S.W.

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# If you could have one super power, what would it be?

1. Invisibility
2. Ability to fly
3. Super human strength
4. X-ray vision
5. Ability to morph into anything

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# What would you most like to do on a Sunday afternoon?

1. Nap
2. See a movie
3. Watch football
4. Be outside
5. Catch up on TV

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# What is the rudest cell phone behavior?

1. Looking at texts while someone is talking to you.
2. Answering the phone in the middle of a conversation with someone in person.
3. Hanging up on one person to talk to another.
4. Talking on your cell phone while you are in the bathroom.
5. Fiddling with your cell phone during a meal.
6. Looking at cell phone screen during a movie at a theater.

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# Green Dot

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**How much do you believe we can actually, measurably reduce the number of people who experience interpersonal violence?**

1. I am positively certain.
2. I am fairly certain.
3. I am doubtful, but hopeful .
4. I don't think we can, but we should try anyway.

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# Interpersonal Violence

- Dating and domestic violence
- Sexual assault
- Child abuse
- Stalking

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**Do you know someone who has  
had an act of interpersonal  
violence committed against  
them?**

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**If you know someone who has had an act of interpersonal violence committed against them, was there a bystander who could have attempted to intervene and stop the violence at any point along the way?**

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# Personal Connection

- Thoughts...

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# Facebook: A Cultural Change

- One person
- One email and password
- 10-20 of his friends
- Others on campus
- High schools and communities

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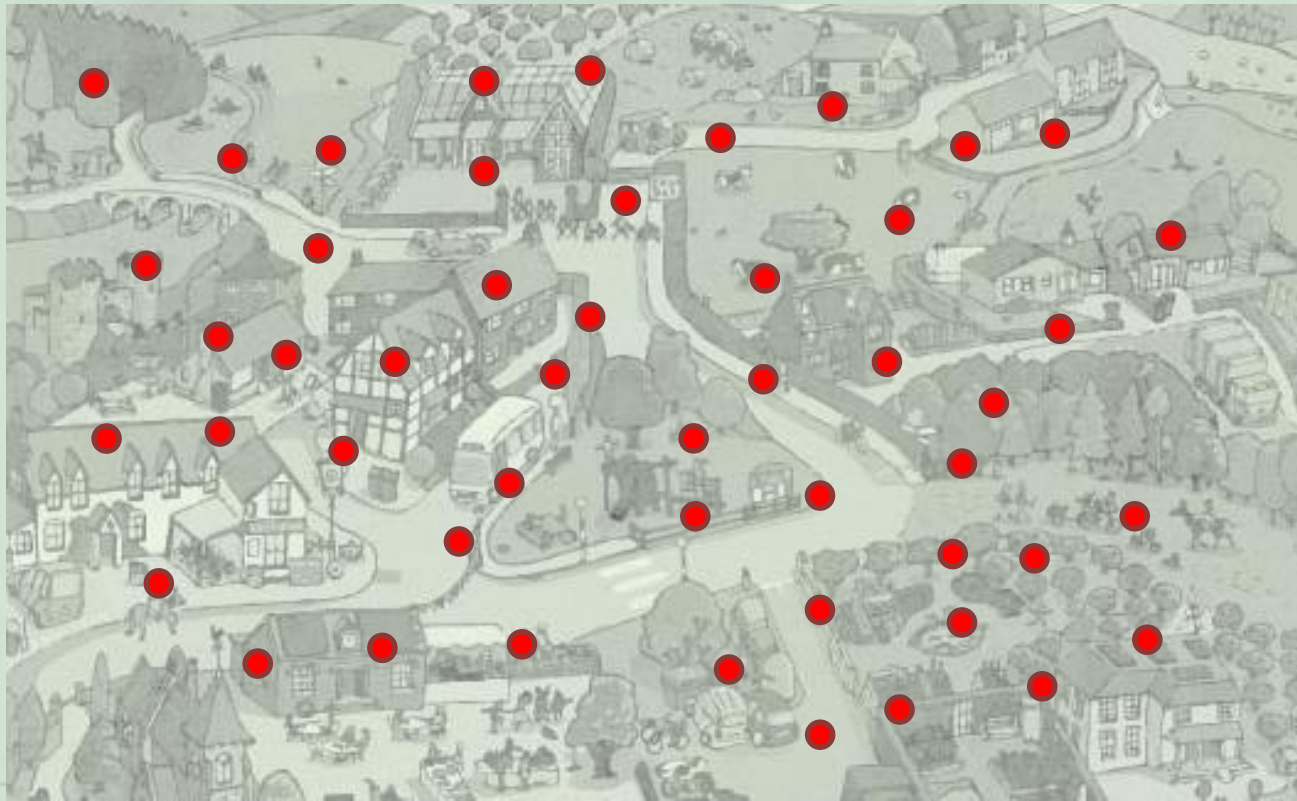
# Cultural Change

- One person doesn't have to do one big thing
- It is when a lot of people each do one small thing
- **LITTLE CHANGES ADD UP**

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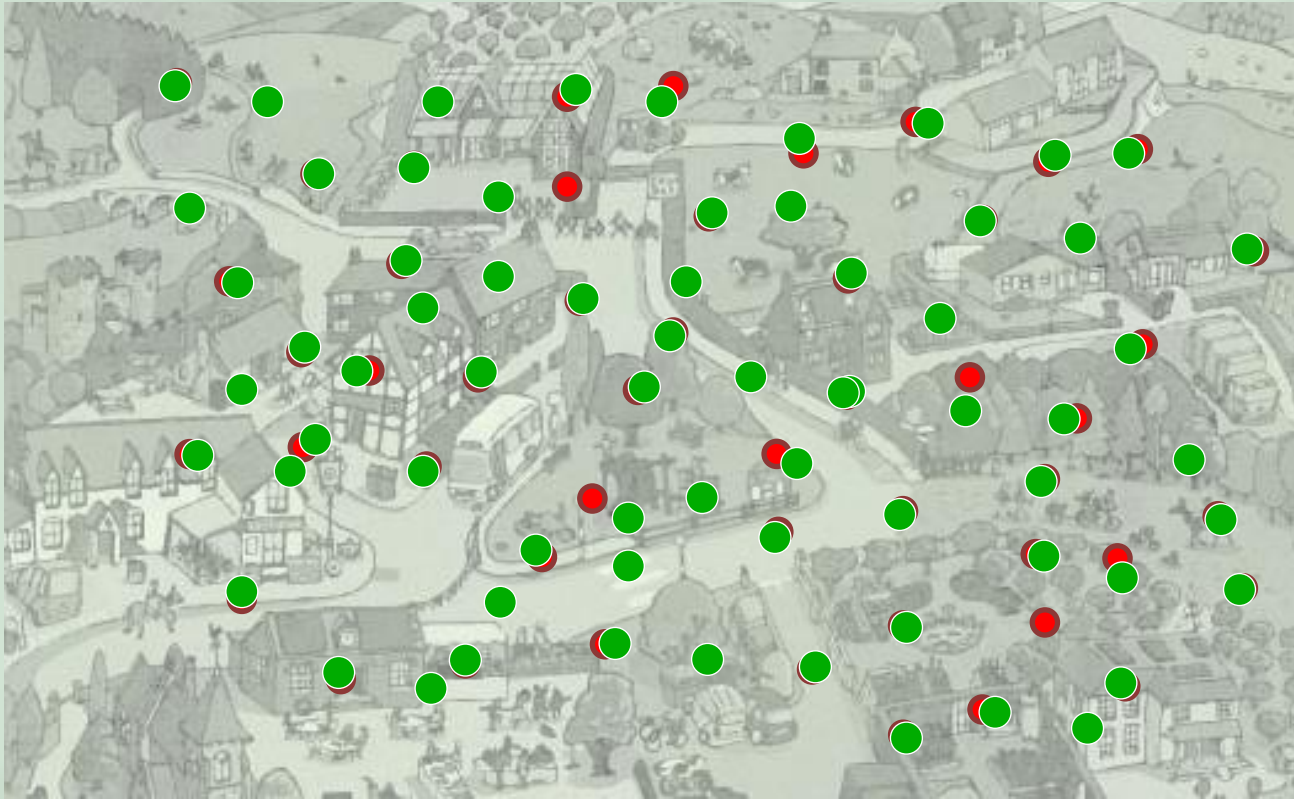
# Red dot...a single choice to cause harm to another



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# Red dot...a single choice to cause harm to another



**REACTIVE**  
**PROACTIVE**

**GREEN DOT**



# Highlights:

1. Defining the Bystander for Ourselves
2. Recognizing Red Dots
3. Understanding Barriers to Action
4. Reactive Green Dots
5. Proactive Green Dots

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# Bystander:

Anyone in the community who sees or hears about a behavior that could lead to something high risk or harmful. Every bystander faces the same choice: “Do I get involved and try to make things better? Or do I ignore the situation?”

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# Passive Bystander:

Those who choose to do nothing

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# Green Dot Bystander:

- Individuals who DO SOMETHING to decrease the likelihood that something bad – like a red dot - will occur or get worse.

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# Scenario 1

Jeff has been asked to be on stand-by to provide rides home from a party to any of his friends who might ask. Late into the evening, his friend Mike calls and asks for him to pick him up. When he shows up, Mike gets into the car with a woman that Jeff has never seen. Mike instructs him to take them both back to his apartment, but the woman, who is clearly intoxicated, protests and tries to explain that Mike had promised to get her back to her own apartment. Jeff initially hesitates, but when Mike prompts him again, Jeff makes the choice to take both Mike and the woman back to Mike's apartment and drop them off. The next day, Jeff finds out that Mike sexually assaulted the woman.

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**Do you think Jeff, the bystander who took an active role in assisting Mike, shares any responsibility for the assault?**

1. Jeff is as responsible as Mike.
2. Jeff is responsible, but less responsible than Mike.
3. Jeff has no responsibility for the assault.

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# Scenario 2

In the middle of a city park, a woman is grabbing, hitting and yelling at someone who appears to be her girlfriend. Many walk by, notice and feel like what she is doing is wrong, but no one intervenes or responds in any way.

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**Do you think the bystander who saw something happening and was in a position to intervene, but did not play an active role in the assault, shares responsibility for the assault?**

1. They have as much responsibility as the person committing the violence.
2. They are responsible, but less than the person committing the violence.
3. They have no responsibility for future assaults done by the person committing the violence.

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# Scenario 3

Jerome and Mike have a coworker that regularly talks disrespectfully about a resident at the group home where they work. He says things like “if she keeps this up, I’m going to smack her into shape”. Though they don’t like it, Jerome and Mike think he is all talk. One morning, however, they come to work and find out that the coworker assaulted a resident on evening shift the night before.

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**Do you think bystanders who don't witness or participate in the violence, but hear about it and choose not to confront the person committing the violence, share some responsibility for future assaults?**

1. They have as much responsibility as the people committing the violence.
2. They are responsible, but less the people committing the violence.
3. They have no responsibility for future assaults done by the person committing the violence.

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# Scenario 4

An individual never witnesses, participates in, or hears about violence first hand – but, they know that it is impacting those in their community and choose to do nothing.

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**If someone knows violence is happening around them and knows they can do something to help stop it, but never does, do you think they have any responsibility for the harm that comes to the individuals in their community?**

1. They have as much responsibility as the people committing the violence.
2. They are responsible, but less the people committing the violence.
3. They have no responsibility for violence that occurs.

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**What would you do?** video

Chip Guy on Subway

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# What would you do?

Abusive boyfriend

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# Choices....

To do something

To stay neutral

To do something

To do nothing

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# 2 things to remember...

- Listen to all these behaviors/warning signs through the lens of a bystander.
- You may be most connected to the person who is the target of these behaviors, or to the person who is exhibiting the behaviors.

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<b>STALKING BEHAVIORS WITHIN A RELATIONSHIP</b>	<b>COMMON BEHAVIORS WITHIN A RELATIONSHIP</b>
Texting a zillion times each day	Texting a zillion times each day
Showing up where the person is	Showing up where the person is
Tracking status on Facebook	Tracking status on Facebook
Calling someone all the time	Calling someone all the time.
Giving gifts	Giving gifts

<b>PARTNER VIOLENCE BEHAVIORS</b>	<b>COMMON BEHAVIORS WITHIN A RELATIONSHIP</b>
Feeling jealous and possessive	Feeling jealous and possessive
Wanting to be with the person all the time	Wanting to be with the person all the time
Spending less time with friends and family	Spending less time with friends and family
Checking in frequently to see where partner is	Checking in frequently to see where partner is

# 3 things to keep in mind:

- Take a second look.
- Check in.
- What if it was someone I loved?

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# Understanding Obstacles/Barriers

- Personal
- Relationship
- General

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# Which of the bystander barriers impacts you the most?

1. There are other people around who will probably act so I don't have to.
2. Don't want to be embarrassed.
3. No one else is doing anything.
4. Fear (of retaliation or violence turning on me)
5. My friends would give me a hard time if I did anything.
6. My personality traits make it hard (I'm shy, hate conflict, etc).
7. It's not my concern and I don't want to get involved.

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**Sometimes couples fight...You are walking in the park and you see a couple who you are friends with. One of them is yelling at the other and grabbing their arm.**

1. “It’s none of my business. I’m late for work.”
2. “I don’t want to make it worse.”
3. “It could just be a normal fight and I don’t want to look like an idiot.”
4. “I’m the quiet one of the group. I’m uncomfortable with confrontations.”
5. Other

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**That wasn't funny... You are out to lunch with some friends who are a couple. One of them keeps making rude comments about what the other one is wearing ("Do you always dress like such trash?") but smiles and laughs after each statement. Their partner looks uncomfortable, but maybe they are just a couple that teases each other?**

1. "It's socially awkward if I call it out."
2. "I don't want to make things more uncomfortable."
3. "It's probably not a big deal."
4. "I don't want them mad at me."
5. Other

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# 3 Ds

- Direct
- Delegate
- Distract

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# The 3 Ds

- There is almost always something you can try
- It doesn't have to be a have to be a HUGE deal
- You have a powerful influence as a bystander.
- You have options

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# **IMPORTANT!**

# **YOUR SAFETY** and

# **stranger violence**

- Higher level of severe violence
- Use of a weapon
- Might be dangerous
- Don't get in harms way

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**You are at a party and you see a woman who is obviously intoxicated being pulled up the stairs toward the designated room. Given your barriers, what are you most likely to do?**

1. Distract: Go up to them and say you are feeling sick and you need the girl to help you in the bathroom.
2. Direct: Go up to the guy and ask him what he is doing.
3. Direct: Go up to the woman and tell her you want to talk to her in private.
4. Delegate: Tell the woman's friend and suggest that she go get her.

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**You and your date are at the movies. As you are moving up the line at the concession area, you see a couple arguing loudly. One of them is grabbing the other firmly by the arm and starts yelling at them through gritted teeth. Given your barriers, what are you most likely to do?**

1. Distract: Talk loudly on your cell phone near the couple while looking in the direction of the couple.
2. Direct: Tell the person to let go of their partner's arm and that they need to cool off for a minute.
3. Direct: Check in with the person whose arm is being grabbed and ask if they are ok.
4. Delegate: Tell the guy behind the register at the concession area to find security.

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# How likely are you to do or say something next time you see behaviors that might lead to a red dot?

1. I will definitely do or say something if I see something that concerns me.
2. I am not sure if I can do something, but I would definitely get someone else to if I couldn't.
3. I am not sure if I will do anything directly or indirectly.
4. I highly doubt if I will do anything.

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# Proactive Green Dots

- Violence is not ok and will not be tolerated.
- Everyone needs to do his/her part to help.

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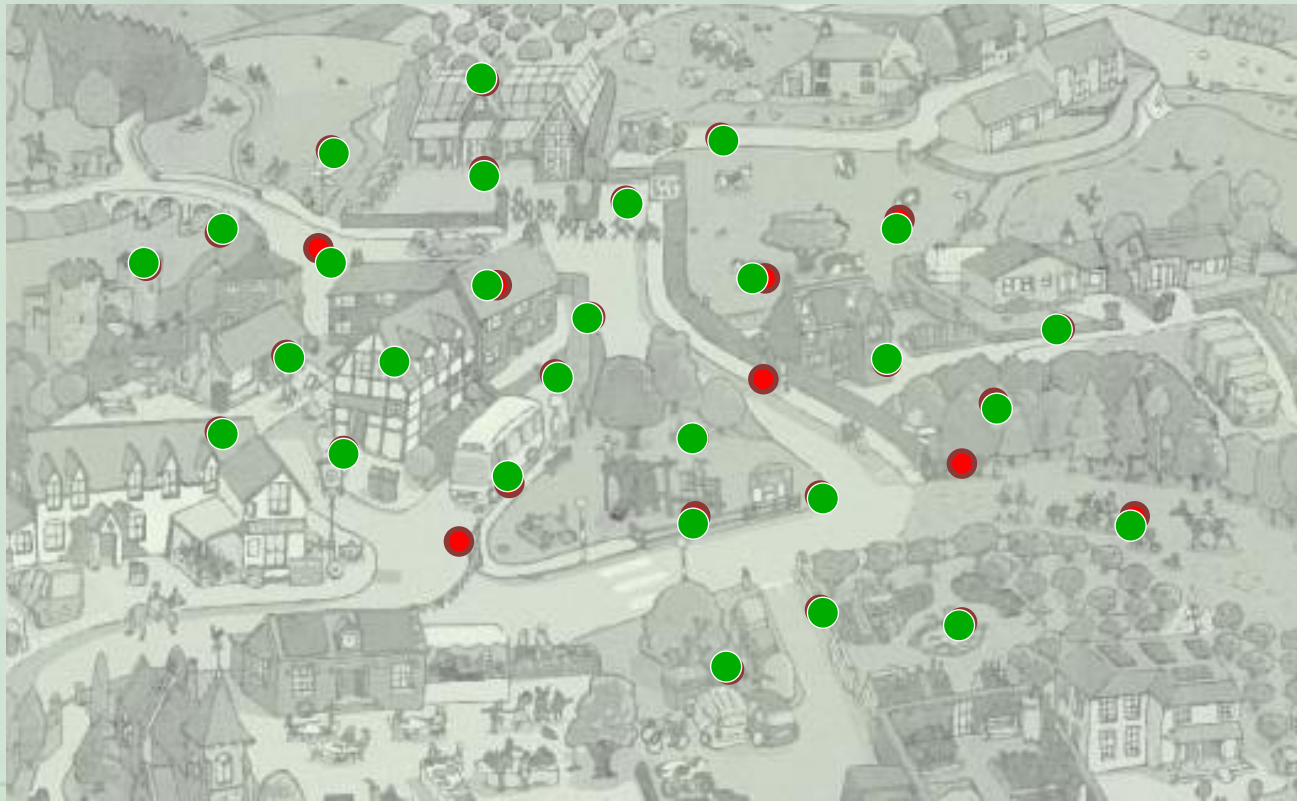


**THE ONLY WAY A  
COMMUNITY CAN REALLY  
CHANGE IS IF ENOUGH  
PEOPLE GET INVOLVED.  
THE ONLY WAY LESS  
PEOPLE WILL GET HURT IS  
IF WE GET THE PEOPLE IN  
OUR LIVES TO EACH ADD  
THEIR OWN GREEN DOTS  
TO THE MAP.**

**GREENDOT**



**Red dot...a single choice to  
cause harm to another**

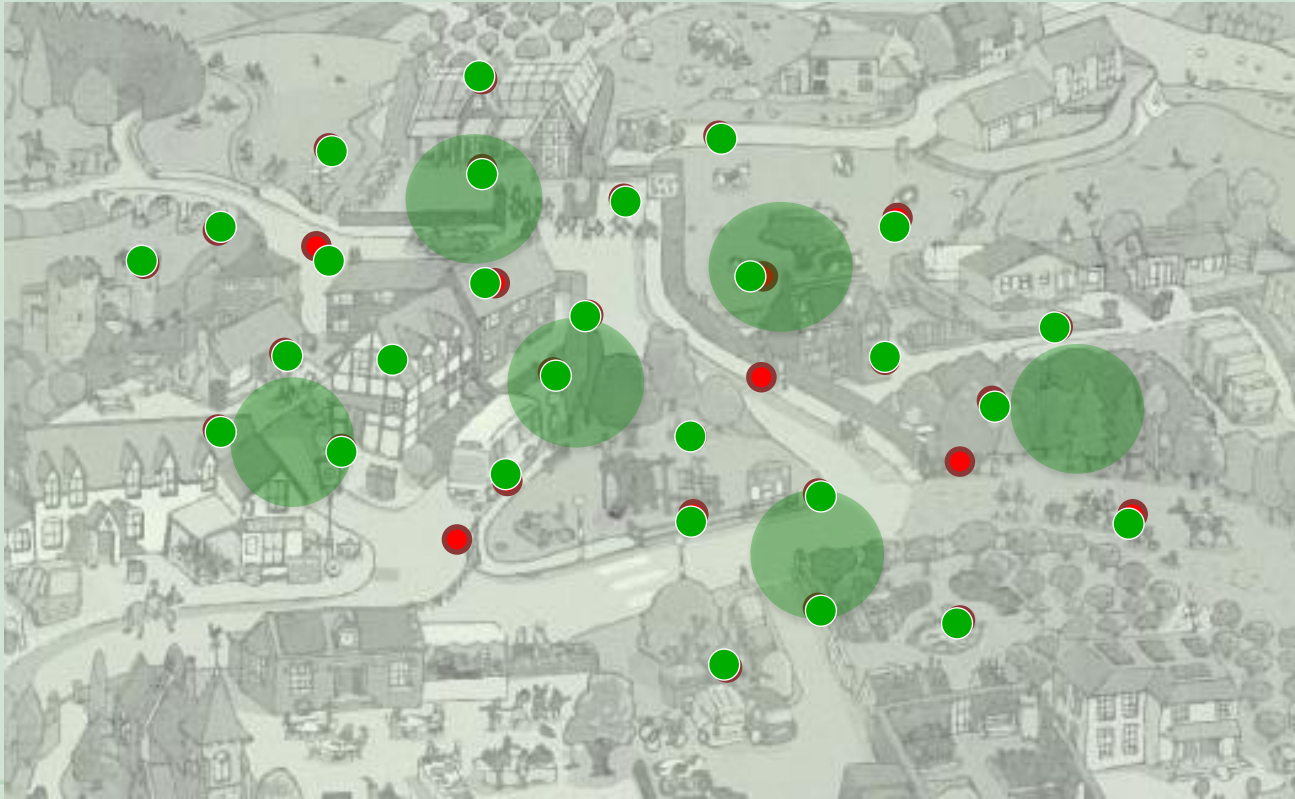


**REACTIVE**

**GREEN DOT**



**Red dot...a single choice to  
cause harm to another**



**PROACTIVE**

**GREEN DOT**



# The New Norms:

- Violence is not okay.
- Everyone is expected to do their part.

**NO ONE HAS TO DO  
EVERYTHING.**

**EVERYONE HAS TO DO  
SOMETHING.**

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**you have options,  
NO MATTER  
WHAT YOUR  
BARRIERS ARE**

**GREENDOT**





**How likely are you to do a proactive green dot this week to communicate the importance of this issue (have a conversation, wear your shirt)?**

1. I will definitely do at least one proactive green dot, but think I will do many more.
2. I will do at least one green dot, but don't think I'll do any more.
3. I am not sure if I will do anything proactive this week.
4. I highly doubt if I will do anything.

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# Closing

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