

Green Dot

Bystander Intervention Strategies

What is Green Dot?

- Strategy to reduce sexual assault, relationship violence, and stalking.
- Core elements are informed by rigorous research and evaluation
- Curriculums designed for K-3, Middle & High School, College, and larger communities
- Kalamazoo College is in it's second year of implementation

Power Based Personal Violence

- Any type of violence committed by an offender who uses **power, control, and/or intimidation** in order to harm another.
 - These acts may be committed by strangers, friends, acquaintances, intimates, or other persons.
 - **Examples**: Sexual Assault, Rape, Relationship Violence, Stalking, Sexual Harassment

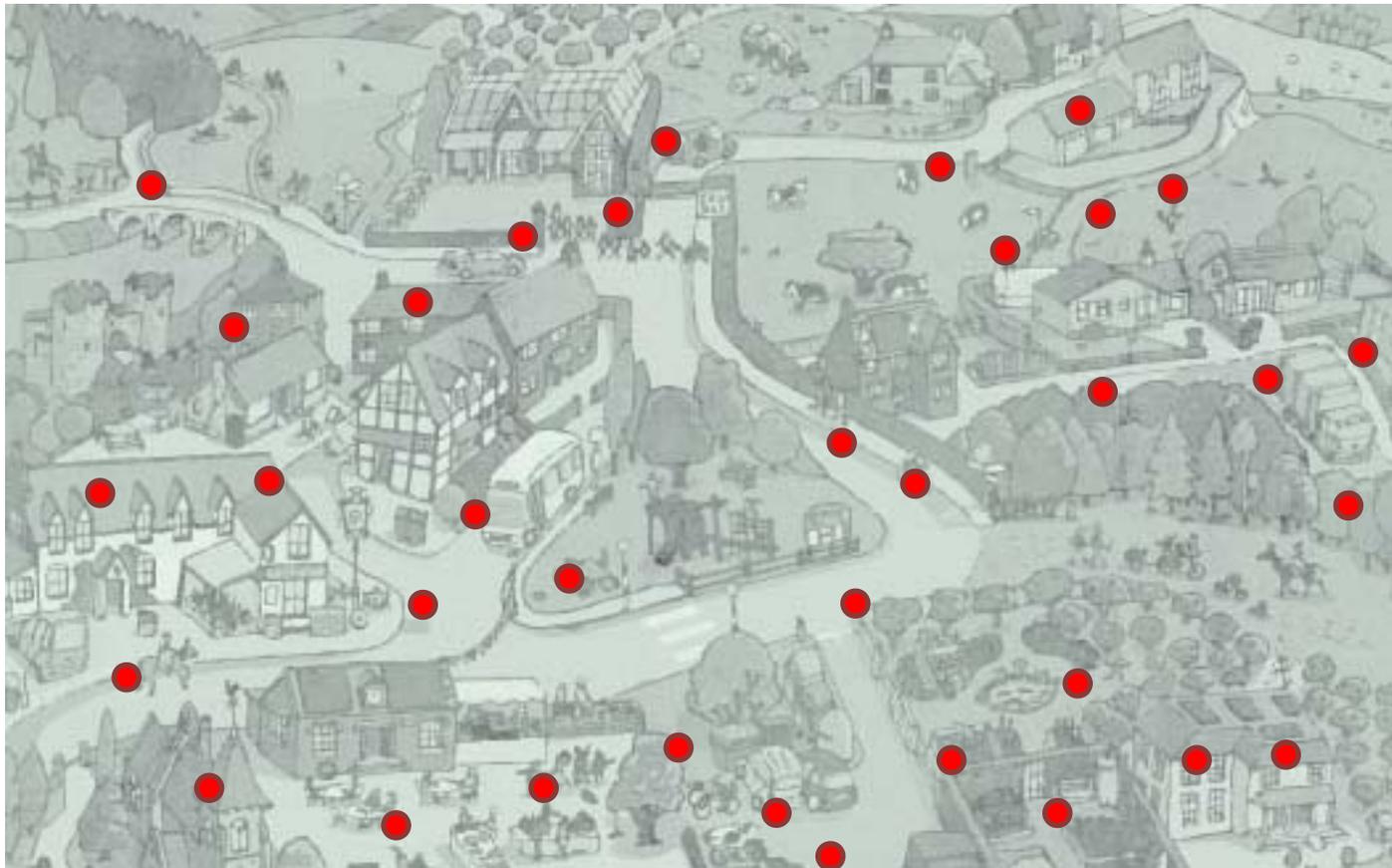
The Problem

- As many as 1 in 4 Women and 1 in 10 men will experience attempted or completed sexual assault during college.
- Up to 1 in 3 relationships have some aspect of abuse present in them
- Around 1 in 4 women and 1 in 13 men will experience stalking

Red Dots

- Consider **violence** like a disease outbreak
- **Quickly Spread Across the Map**
 - A few red dots multiply one by one and start to spread across the map...
 - A lot of “single cases” add up to become something bigger....

Red Dots on our Campus



The Power of Green Dots



Why don't we act?

- It can be hard to do green dots when you see a red dot—even when you want to...
- **Identify Obstacles** that often stop us from getting involved.
 - **Personal obstacles** like being shy, afraid, or unsure—not wanting to make a scene or embarrass yourself.
 - **Relationship or Social obstacles** like being afraid of what peers might think or not wanting to upset a social order.

Reactive Green Dots

The Three D's

- **Direct**: Do something yourself! (*Ask them to stop*)
- **Delegate**: Ask friends to help! (*Call Security or the Police*)
- **Distract**: Think of a distraction that will diffuse the situation or calm things down in the moment. (*Ask to borrow the phone of someone at risk; make a scene*)

Proactive Green Dots

- Proactive **Green Dots** are things that we can do to begin stopping red dots before they even start.
- Everyday Green Dots:
 - Promote Green Dot through conversation, e-mail, or social media
 - Role Model respect, compassion, and looking out for others
 - Encourage students to understand how to be an active bystander
 - Post green dot branding on your office door

Why hasn't this already happened?

- The Challenges:

- People in our community don't often feel included in violence prevention or identify with the issue. *They don't see the role they can play.*
- Violence prevention efforts often have a “negative brand image”
- Violence prevention has often categorized a “gender divide” that has alienated many men and women away from the issue—creating disinterest, defensiveness, or desensitization

Reframe the conversation

- **Disarm:** Seek to understand and talk about the issues of how the conversation is framed poorly. Validate and normalize how our culture is skewed around these issues. *Meet people where they are!*
- **Re-Direct :** Try to re-focus the conversation on the broader role that communities play in prevention. *We all have a part to play!*
- **Emphasize Action:** Basically, you know that sexual violence is wrong, *but what would you do to intervene in the moment?*

The Broader Strategy

- **Green Dot: An Umbrella**

- Consistent messaging across multiple contexts
- Provide common language and structure

- **Green Dot: The Paper Mache Approach**

- Lasting culture change happens from the foundation-up
- When the pieces are put in place, the foundation can be removed and the (new cultural norms) stand on their own

- **Green Dot: A Community Mobilizer**

- Transforming community members to understand that they matter and have an impact in reducing violence through being an *active bystander*.

Stay In Touch

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