



Workshop: Men as Positive Bystanders

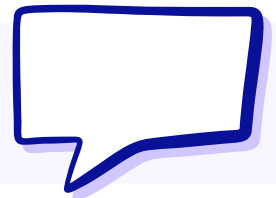
I SAMPLE LEARNING OBJECTIVES



LEARNERS WILL BE ABLE TO:

- ▶ Give personal examples of language and actions they can take to positively intervene when witnessing harmful actions.
- ▶ Discuss how gender expectations and pressures from peers impact their ability to intervene when witnessing harmful actions.
- ▶ Describe the types of harmful or degrading behavior or situations in which it is important to intervene in (and why it is important to do something).

II SAMPLE INTRODUCTION



“Often, the conversation about “being an active bystander” focuses only on “what are men not doing enough of.” Today’s conversation will be different, though. We want to discuss what it means to stand up for our values, have integrity, and identify the different pressures we face that make it harder to speak up about things we can all agree are harmful.”

**III SAMPLE DISCUSSION QUESTIONS**

- What do you already do to promote values like respect, safety, and nonviolence?
- Have you ever felt like there were topics that were hard to bring up with other men? What were they and why?
- What are examples of degrading language or non-consensual behavior that you've seen (in college or otherwise)?
- What can this group do in order to hold everyone responsible for language and behaviors that promote respect and safety (or the other values shared earlier)?
- Calling someone out in the moment isn't always the best course of action. What other ways can you be a leader that doesn't sit by when witnessing harmful behavior?
- What could you do if you saw a friend yelling at, pressuring, or controlling someone they're seeing or hooking up with?



IV SAMPLE TALKING POINTS



- ▶ Being an active bystander is about choosing to live by our values.
- ▶ As men, whether we believe in taking care of our family, treating others with dignity, or speaking up in support of those who have been marginalized, being a positive influence, advocate, and bystander is important.
- ▶ It is easier to speak up when we feel permission to do so, we know that those we speak to will be receptive, and when we have identified what our fears are.
- ▶ Amongst men, there are real pressures to stay silent. If men speak up, we may be ostracized, feel like we're betraying friends, or be bullied. We need to work together to change this culture.
- ▶ We rarely ask, "What comes before a moment that requires an active bystander?". Having discussions and setting norms ahead of time for what is ok and not is part of what it means to be a leader.
- ▶ Being a proactive bystander looks like educating ourselves and discussing with friends about what degrading or harmful language and behavior about women and LGBTQ+ people sounds like and practicing how we will respond in our own words.
- ▶ In your student groups, dedicate time at your meetings for discussing and training about gender expectations and creating safe, respectful environments.



V SAMPLE ACTIVITIES



**CONCENTRIC
CIRCLES:
BYSTANDER
BEHAVIOR**

Set up to two circles or rows of chairs facing each other. Instruct participants to sit in the chairs and that you will have a few rounds of one-on-one discussions for 3-4 minutes each using a prompt. Rotate partners after each prompt so that everyone has the chance to connect with different people. Ensure both individuals have the chance to share during each round.

Sample Questions:

- Have you ever felt like there were topics that were hard to bring up with other men? What were they and why?
- Have you ever heard disrespectful language or behavior towards women and not said anything? Why?
- What can this group do in order to hold everyone responsible for language and behaviors that promote respect and safety (or the other values shared earlier)?



**VIDEO VIEWING &
DISCUSSION: “THAT GUY”**

View the [“That Guy” video](#). Facilitate a discussion with questions.

Sample Discussion Questions:

- What feelings did the video bring up for you?
- Have you ever heard the language or behavior used in the video? Did you or others do anything? Why or why not?
- In the video, you heard them say, “Don’t be that guy.” What does it mean to be “That guy?”



VI WORKSHOP RESOURCE LIBRARY



- **Workbook:** Activate Your Workforce to Prevent Harassment and Discrimination by Everfi
- **Toolkit:** Bystander Tips & Scenarios - NO MORE
- **Video:** Violence against women—it's a men's issue: Jackson Katz at TEDxFiDiWomen
- **Video:** Male Culture, Friendship, and Bystander Intervention - That Guy Scotland
- **Video:** Violence Against Women & What Men Can Do to Stop It - Trevor Noah
- **Video:** Call It Out! Be an Active Bystander by UEA Wellbeing
- **Video:** Men Can Stop Violence PSA – Futures Without Violence
- **Video:** Charlie Coleman Talks About Rape Culture and His Sister Daisy's Sexual Assault – Teen Vogue
- **Article:** 5 Things Men Can Do to Help End Sexual Harassment and Assault - University of Southern California