



The Intervention Initiative – Scenarios

Choose a scenario to work on in your groups – or create your own.

- How would you intervene? – discuss how and when you could intervene effectively.
- Is it safe to do so?
- What are the consequences of not intervening?
- How can you best support the victim?
- What are the best ways of communicating with the abuser?
- What kinds of words and phrases or other kinds of non-verbal communication might you use?

Role-play the scenario – you might develop more than one role-play - and give each other constructive feedback about what seemed to work well, and why. You could make notes to help you or you could go straight to an improvisation.

You could begin by staging a ‘bad’ role-play (e.g. an aggressive or ineffective intervention) and contrasting it with a ‘good’ role-play.

“Laddish” Behaviour On A Bus

You and a friend are on the bus on a Wednesday evening. A big group of lads in sports tops get on the bus. They are singing songs and laughing. A couple of people in the group start shouting to some of the other people on the bus “nice tits love, you’d get a raping” “Yeah I’d rape that”. The people they are talking to look uncomfortable but do not engage with the group of lads.

Acknowledgement: SARSAS (Somerset & Avon Rape & Sexual Assault Support)

Commentary from SARSAS: *Rape culture is a concept that links rape and sexual violence to prevalent attitudes and practices that normalise, excuse, tolerate, and even condone rape.*

NB A similar incident happened in 2013 when student members of Stirling University Men’s Hockey Club were filmed – see Social Media resources.



A Friend Discloses Boyfriend Rape

You and your friend Elle are having coffee for a catch up. You haven't seen her much since she got a new boyfriend and whenever you see her recently it's always her and him as a couple so you feel like you haven't had a chance to really catch up. Also you have seen him check her phone when you've been with them so you don't get to ask her how things are with him through texts or email.

You start chatting with Elle about her boyfriend and she says that it's great except something a bit weird happened the other day. She wasn't feeling very well so when her boyfriend wanted sex she told him she didn't feel like it but it kind of happened anyway. She says they usually have a good sex life but she feels uncomfortable about what happened as she told him she didn't want to.

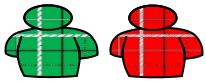
Acknowledgement: SARSAS.

Commentary from SARSAS: *A quarter of the people SARSAS supports are raped by a partner or ex-partner.*

A Friend Discloses Assault

You are home from uni for the Christmas holidays. At 8 o'clock on a Saturday morning, a close female friend from uni calls you, crying. You ask her what has happened and she says someone came into her room on campus last night. She reluctantly tells you that she woke up to find a naked man on top of her. She is afraid to tell her parents because she didn't lock her door and believes she is at fault.

Acknowledgement: Adapted via SAAM, 2010 from Plante, Banyard, Moynihan and Eckstein, 2002



In A Bar With Your Group

You are dancing in a bar with a group of friends. A young man joins your circle of dancers and begins to monopolise one woman's attention. It is loud, so you can't hear what they are saying to each other. He has moved in the way of seeing her face, cutting her off from the rest of your group.

Acknowledgement: NSVRC SAAM 2010 Making a Difference Workshop Facilitators Guide:

<http://www.nsvrc.org/sites/default/files/file/SAAM/SAAM-2010-Campus%20Making%20a%20Difference%20Workshop%20Facilitators%20Guide.pdf>

Street Harassment

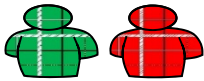
It is Friday night and you are walking by the local cinema with a group of friends. A male friend of yours spots a beautiful woman. He makes some loud comments about her body and starts to hassle her.

Acknowledgement: Adapted via SAAM, 2010 from Banyard, Plante, and Moynihan, 2005

In A Bar With A Stranger

You and some friends are out at a bar on a Friday night. When you came in you noticed a woman at the bar sitting alone. A bit later in the evening you notice her again now sitting with a man who keeps moving closer to her and buying her drinks. She looks uncomfortable and keeps moving her chair a bit further back while looking around the bar. A bit later you notice that she stands up and tries to walk away. He follows her and puts his arm on the wall to talk to her further but it looks like she's cornered.

Acknowledgement: Adapted via SAAM, 2010 from Plante, Banyard, Moynihan and Eckstein, 2002



In Halls Of Residence (1)

As you enter the halls of residence at your college, you see a couple stumbling down the hallway. Their hands are all over each other in a clearly sexual way. A few minutes later you hear a struggle, then loud voices and yelling coming from the room they entered.

Acknowledgement: Adapted via SAAM, 2010 from from Banyard, Plante, and Moynihan, 2005

In Halls Of Residence (2)

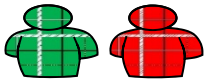
You and a friend live on the same corridor in halls. You walk by her room and hear her crying. In the past, she has shared with you that her boyfriend yells at her, humiliates her, and always wants to know where she is and who she's with. She also says he won't let her do things she wants to do. It appears she has some fresh bruises around her eye and on her arms.

Acknowledgement: StepUP – University of Arizona
www.stepupprogram.org

In halls of residence (3)

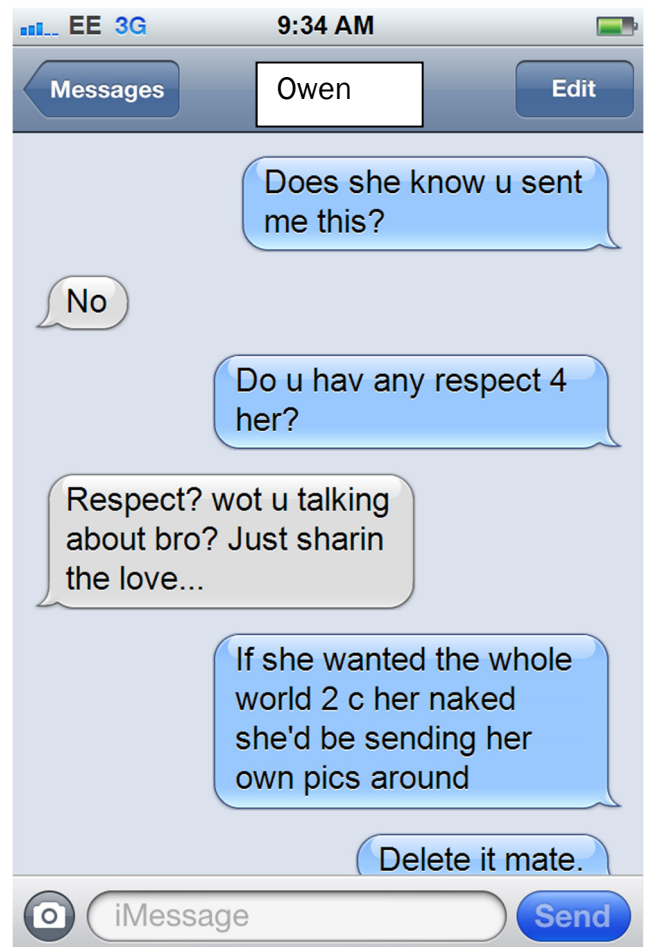
You are walking down the hall to get the stairs to your room. When you pass a bedroom on the first floor you hear a man and a woman yelling at each other, they are really going at it. The man is calling the woman a “slut” and other names.

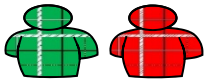
Acknowledgement: Adapted via SAAM, 2010 from from Katz, 2000



Sexting – Text Exchanges – Scripted Example

Phil has had a one night stand and while the girl is sleeping, he takes a naked photo of her on his phone. He sends it with a text to Owen the next morning.





How to help a friend who has been raped or sexually assaulted

If someone has told you that they have been raped or sexually assaulted, it's likely to have been one of the hardest things they have ever had to say. It may have taken them weeks, months or even years to feel able to talk to anyone about what has happened. Most people have little experience of helping someone through a traumatic event such as a sexual assault or rape, so it's normal to feel unsure about what to do. What is important is that you care enough about that person to want to help. This guidance aims to help you, help your friend.

- Before you do anything else, listen to your friend.
- Be patient.
- Ask them how you can help: you might have ideas about what they should or shouldn't be doing but it's important to allow them to come to their own decisions without feeling pressured.
- Give them time: as well as listening, you need to remain patient. Try to resist asking them about the details of the assault because they might not feel ready to talk about it. If they don't feel ready to talk about their experience, you may want to suggest that they write it down to help them 'get it out' and begin to make sense of what has happened to them.
- Give them space: knowing when to give someone space is vital. An important part of their healing process will be to regain a sense of control over their life, so allow them to do this as much as you can.
- Avoid taking over: respect their decisions and never plan their recovery for them. Only they know how they feel, so it's important they're allowed to recover at their own pace. You could help them find useful information but don't insist on them doing anything or speaking to anyone they don't want to.
- Reassure them: when they feel confident enough to talk to you about what happened, remember to reassure them. Tell them that you believe them; don't judge and don't blame them.
- Don't ask 'how much did you drink?' 'What were you wearing?' 'Why didn't you ...?' or make statements such as 'You should have ...' These questions or statements might be interpreted as disbelief or blame and could cause distress.
- Be consistent: being supportive over a long time is very important.
- Following a sexual assault or rape, different people will react in different ways. A person may experience a variety of feelings and emotions for a long time after the assault. Don't expect your friend to react in particular way. There is no 'normal' response to rape or sexual assault.



Helping a partner: If your partner has been sexually assaulted or raped, it will almost certainly have an impact on you and your relationship. There are things you can do to help you both get through this difficult time together such as:

- Believe them
- Be patient
- Allow them to tell you what has happened in their own time, without pressuring them for details
- Respect their decisions, even if you don't agree with them
- Take responsibility for looking after yourself and how you're feeling; your partner is unable to do this at the moment
- Ask them how you can help

Whether the victim is your friend or a partner you may be struggling to cope with what has happened and how you're feeling. You may feel upset, angry or helpless. If this is the case, it's important that you seek help for yourself.

The content of this document has been revised from original material that can be found on the *NHS Choices* website:

<http://www.nhs.uk/chq/Pages/2487.aspx?CategoryID=118&SubCategoryID=124>



How to help a friend who has been experiencing domestic abuse

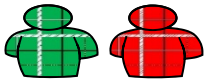
If you know or suspect that a friend or family member is experiencing domestic violence, it may be difficult to know what to do. It can be very upsetting that someone is hurting a person you care about. Your first instinct may be to want to protect your friend or family member but intervening can be dangerous for both you and them. Of course, this does not mean you should ignore it. There are things you can do to help make them safer. If you witness an assault, you can call the police on 999.

It is helpful to remember that:

- Domestic Abuse is a crime – it is unacceptable
- Specialist Domestic Violence Courts now operate in 25 courts with a conviction rate of over 70% (CPS survey 2006)
- Domestic Abuse is very common. One woman in four experiences domestic violence at some point in her life and an abused woman may live with domestic violence for years before she tells anyone or seeks help
- Domestic Abuse is very dangerous
- Everyone has the right to live without fear of violence and abuse
- The abuser is solely responsible for the abusive behaviour. The victim is not to blame; violence is a choice the abuser makes

What might an abused person be feeling and experiencing?

- An abused person is often overwhelmed by fear, which can govern their every move – a fear of: further violence, the unknown, personal safety and the safety of any children in the relationship – do not underestimate the effects of fear
- They often believe that they are at fault and that by changing their behaviour the abuse will stop. Research shows that this is not the case
- They may experience a conflict of emotions. They may love their partner, but hate the violence. They may live in hope that the partner's good side will reappear
- They may be dependent upon their partner, emotionally and or financially
- They may experience feelings of shame, guilt and embarrassment
- They may feel resigned and hopeless and find it hard to make decisions about the future



So what can you do to support them?

- Start conversations and encourage them to open up. You may have to try several times before they will confide in you
- Try to be direct and start by saying something like, “I’m worried about you because” or “I’m concerned about your safety...”
- Do not judge them
- Listen and believe what they tell you – too often people do not believe
- Reassure them that the abuse is not their fault and that you are there for them
- Don’t tell them to leave or criticise them for staying. Although you may want them to leave, they have to make that decision in their own time. It is important to remember that research shows an abused woman is at most risk at the point of separation and immediately after leaving an abusive partner
- Leaving takes a great deal of strength and courage. There can be huge obstacles such as nowhere to go, no money and no-one to turn to for support
- Focus on being supportive and helping to build self confidence
- Acknowledge their strengths and frequently remind them that they are coping well with a challenging and stressful situation
- People in abusive relationships are often very isolated and have no meaningful support – help them to develop or to keep up their outside contacts. This can help to boost self-esteem.
- If they have not spoken to anyone else, encourage them to seek the help of a local domestic violence agency that understands, and offers specialist support and advice
- Be patient. It can take time for someone to recognise they are being abused and even longer to take be able to take safe and permanent decisions about what to do. Recognising the problem is an important first step

Helping a woman and her children to keep safe

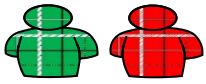
- A woman’s safety and, if she has children, their safety, is paramount
- Talk to her about how she and her children can keep safe
- Help her to stay safe:
 - Agree a code word or action that is only known to you both so she can signal when she is in danger and cannot access help herself
 - Don’t make plans for her yourself, but encourage her to think about her safety more closely and focus on her own needs rather than the abuser’s
 - Find out information about local services for her; offer to keep spare sets of keys or important documents, such as passports, in a safe place for her so that she can access them quickly in an emergency



- Remember that it isn't children's responsibility to protect their mother. In an emergency they could call for help from the police, go to a neighbour, or a relative or someone they trust.

Adapted from National Domestic Violence Helpline -

<http://www.nationaldomesticviolencehelpline.org.uk/support-a-friend-or-family-member-experiencing-domestic-violence.aspx>



What can I say to someone about their behaviour?

What you said earlier
really bothered me...

I know you well enough to
know that you would not
want to hurt someone ...

I don't like
what you
just did.

How would you feel if
someone did that to
your sister?

I'm embarrassed for you.

I'm really worried
about your girlfriend's
safety.

That is so not
cool

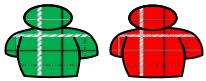
I wonder if you realise
how that feels / comes
across.

When you do that, it
makes her feel bad.

You'll never
pull again.

Did you mean to be
so rough?

It's not normal, you're
out of line.



I care about you, but I won't put up with you treating her/him like that.

I'm saying something because I care about you...

I'm losing respect for you.

I'm surprised to see you act like that, you're better than that.

Sorry but this makes me really uncomfortable. It's not right.

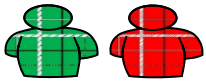
Loving her doesn't include abusing her.

Call me if you feel like you're losing control.

What you've done is a crime. You could be arrested for this.

Acknowledgements: phrases drawn from a number of sources including:

- UWE Student Committee
- NSVRC SAAM (2010) Making a Difference presentation:
<http://www.nsvrc.org/elearning/SAAM-2010-Making-difference-campus-powerpoint>
- Tell a Gal Pal: <http://www.clicktoempower.org/domestic-violence-facts/what-to-say-when-you-think-someone-is-using-abusive-behavior>



What can I say to someone in a situation of immediate harm?

Do you need help?

Do you want me to call someone for you?

What can I do to help you?

Can I walk you home?

Do you want me to talk to so-and-so for you?

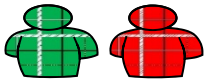
Is everything ok?

Are you alright?

Should I call the police?

I'm concerned about you.

I'm worried about you because...



What can I say to someone who is in an abusive relationship?

You are not responsible for his behaviour.

I want to help. What can I do to help you?

Are you alright?

You don't deserve to be treated that way. A good boyfriend/girlfriend doesn't say or do those kinds of things.

Do you need help?

Do you want me to talk to so-and-so for you?

Is everything ok?

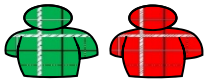
I'm worried about your safety and I'm afraid he will really hurt you next time.

I know this is difficult to discuss, but please know that you can talk to me about anything.

You are not alone. I care about you and I'm here for you, no matter what.

I'm worried about you because...

It's not your fault he/she treats you that way.



What can I say to someone who has been raped or assaulted?

I believe you.

I'm here if you want to talk.

**I'm so sorry this
has happened to
you.**

I'm here if you don't want to talk.

This is not your fault.

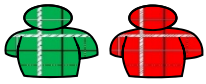
You are not alone.

**How can I
help you?**

**No one ever deserves for this to
happen to them.**

**Would you like me to
find a support group for
you?**

**The way you are
feeling is normal.**



What **NOT** to say to someone who has been raped or assaulted or who is in an abusive relationship

Were you drunk?

You're wallowing.

Why don't you leave him? You should leave him.

What were you wearing?

I don't think that was rape.

You were leading him/her on.

You shouldn't leave him.

You're overreacting

Men can't be raped.

Why aren't you getting over this faster?

It's your fault

Don't make a fuss.

It's a normal part of your culture, it's shameful to talk about it.



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<http://www.nsvrc.org/elearning/SAAM-2010-Making-difference-campus-powerpoint>
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- NSVRC SAAM(2010) Making a Difference facilitator guide:
<http://www.nsvrc.org/sites/default/files/file/saam/SAAM-2010-Campus%20Making%20a%20Difference%20Workshop%20Facilitators%20Guide.pdf>