

# **EXPECT RESPECT**

# **TRAINING**



Canterbury  
Christ Church  
University

CHRIST CHURCH  
**STUDENTS'**  
UNION





**TRAINING**

**WILL**

**BE ONLINE**

# **EXPECT RESPECT**

**CANTERBURY CHRIST CHURCH UNIVERSITY  
AND THE STUDENTS' UNION BELIEVE ALL  
STUDENTS, STAFF AND VISITORS HAVE THE  
RIGHT TO LIVE, STUDY AND WORK IN A SAFE  
AND SUPPORTIVE ENVIRONMENT, FREE FROM  
DISCRIMINATION, BULLYING OR HARASSMENT  
OF ANY FORM.**

# THE PLEDGE

- **TO GIVE RESPECT TO ALL;**
- **TO TAKE RESPONSIBILITY FOR HELPING TO CREATE AN INCLUSIVE AND WELCOMING UNIVERSITY;**
- **TO TAKE POSITIVE ACTION TO PREVENT DISCRIMINATION BY NOT TOLERATING, CONDONING OR IGNORING HARASSMENT OF ANY KIND;**
- **TO EDUCATE MYSELF AND OTHERS ABOUT HARASSMENT - WHAT IT IS, HOW IT MAKES PEOPLE FEEL AND CHALLENGING HARASSMENT WHEN POSSIBLE.**



# WHAT WE WILL COVER TODAY:

- **WHAT IS AN ACTIVE BYSTANDER?**
- **WHAT HARASSMENT IS**
- **BEING AN ACTIVE BYSTANDER TO PREVENT SPIKING**
- **HAVING A SAFE NIGHT OUT**

# WHAT IS A **BYSTANDER**?

- **A BYSTANDER IS SIMPLY SOMEONE WHO WITNESSES AN EVENT BUT IS NOT DIRECTLY INVOLVED.**
- **YOU CAN BE A PASSIVE BYSTANDER AND DO NOTHING OR YOU COULD BE AN ACTIVE BYSTANDER AND INTERVENE.**

WITNESSES AN EVENT + NOT DIRECTLY INVOLVED = BYSTANDER

INTERVENES = **ACTIVE BYSTANDER**





# **SCENARIO** **WHAT** **WOULD YOU** **DO?**





# **REASONS PEOPLE DON'T INTERVENE**

- **'NOBODY ELSE IS DOING ANYTHING SO IT MUST BE OK'**
- **'I'LL LOOK STUPID IF I DO SOMETHING'**
- **'I'M NOT GOING TO DO ANYTHING BUT I'M SURE SOMEONE ELSE WILL'**
- **'IF I DO SOMETHING, I MIGHT GET IN A FIGHT'**
- **'HE'S MY MATE, HE'S NOT SO BAD REALLY'**
- **'MAYBE THEY'VE DONE SOMETHING TO DESERVE THIS, MAYBE THEY CAN HANDLE THEMSELVES'**

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**BUT THERE ARE PLENTY OF WAYS THAT WE CAN INTERVENE SAFELY**

# **BECOMING AN ACTIVE BYSTANDER**



**UNDERSTANDING**

**PERCEPTION**

**SKILLS TO SAY SOMETHING**

**REPORTING**

# **BECOMING AN ACTIVE BYSTANDER**



# UNDERSTANDING HARASSMENT





# WHAT IS HARASSMENT?

**AGE**

**DISABILITY**

**GENDER  
REASSIGNMENT**

**MARRIAGE**

**CIVIL  
PARTNERSHIP**

**PREGNANCY  
AND  
MATERNITY**

**RACE,  
RELIGION OR  
BELIEF**

**SEX**

**SEXUAL  
ORIENTATION**



# TACKLING RACIAL HARASSMENT

# CLOSING OUR GAP



# TACKLING SEXUAL VIOLENCE

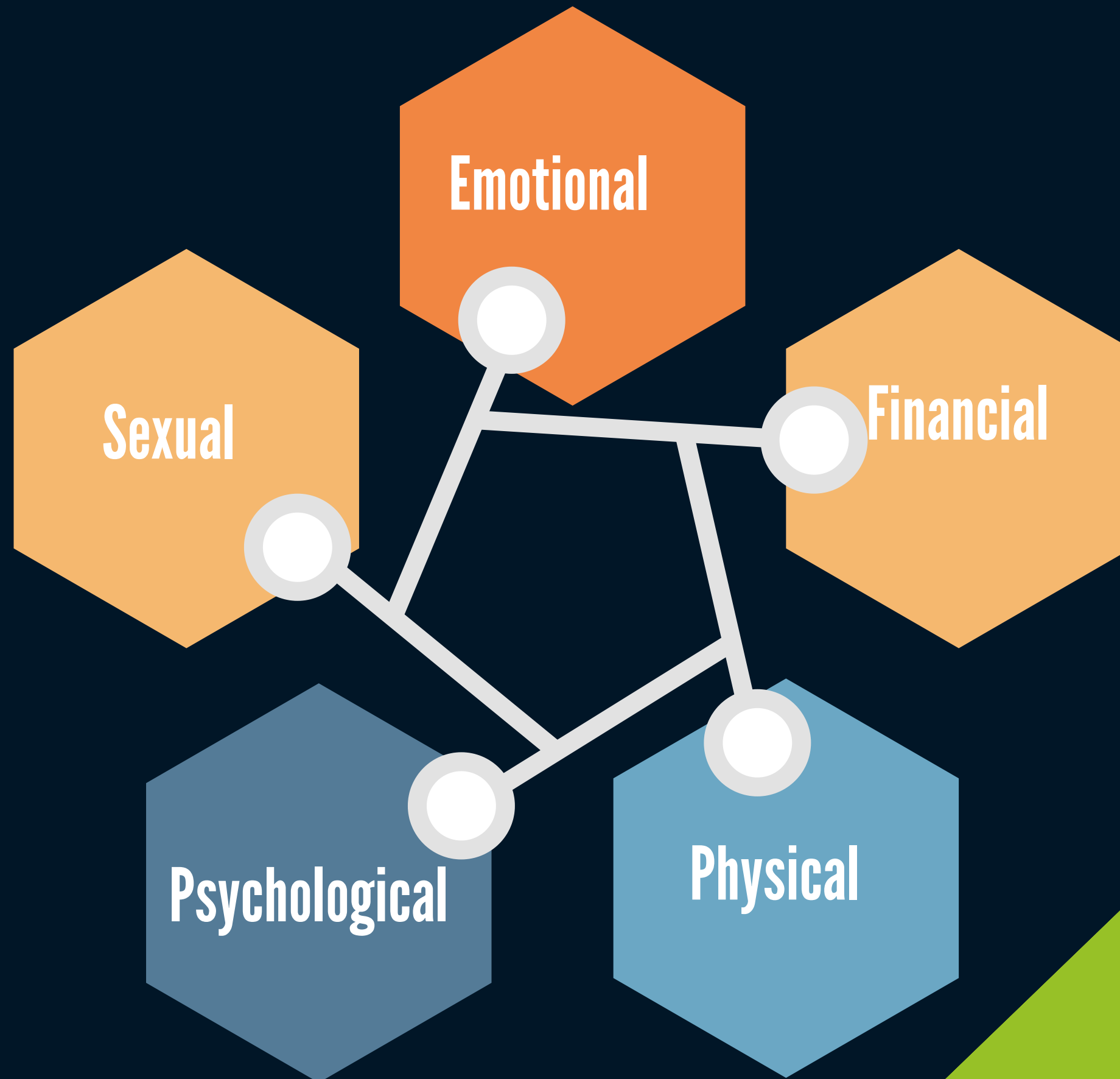






**DESERT ISLAND**

# TACKLING RELATIONSHIP ABUSE



An incident or pattern of incidents of controlling, coercive or threatening behaviour

# RELATIONSHIP ABUSE- 8 TOXIC SIGNS

## INTENSITY

EARLY DAYS IN AN ABUSIVE RELATIONSHIP CAN SEEM GREAT- LOTS OF GIFTS, LOTS OF TIME TOGETHER AND 'LOVE-BOMBING'

## ISOLATION

AN ABUSIVE PARTNER MIGHT SUGGEST YOU SPEND TOO MUCH TIME WITH YOUR FAMILY, OR SAY HE DOESN'T LIKE YOUR FRIENDS LEAVING YOU ISOLATED

## BLAME

YOU MAY GET BLAMED FOR THEIR ACTIONS- YOU MAY HEAR 'YOU MADE ME DO THIS OR EXPERIENCE GA-LIGHTING.

## JEALOUSY

THEY MIGHT BE CROSS WITH YOU IF YOU TALK ABOUT SOMEONE TOO MUCH OR SPEND TOO MUCH TIME WITH FRIENDS OR FAMILY.

## CRITICISM

THEY MIGHT PUT YOU DOWN, CALLING YOU FAT OR UGLY, OR HUMILIATE YOU IN PUBLIC BY MAKING YOU LOOK STUPID

## ANGER

AN ABUSIVE PARTNER MIGHT FLIP AT ANY MOMENT, OVER THE SMALLEST OF THINGS.

## CONTROL

YOU MIGHT START TO BE TOLD WHAT YOU CAN OR CAN'T WEAR, WHO YOU CAN OR CAN'T SEE.

## SABOTAGE

MAKING YOU LATE FOR JOB INTERVIEWS, OR MAKING YOU MISS WORK DUE TO PERSONAL 'EMERGENCIES' THAT COULD HAVE BEEN AVOIDED.

# **BECOMING AN ACTIVE BYSTANDER**



# TRAUMA RESPONSES



**FIGHT**



**FLIGHT**



**FREEZE**

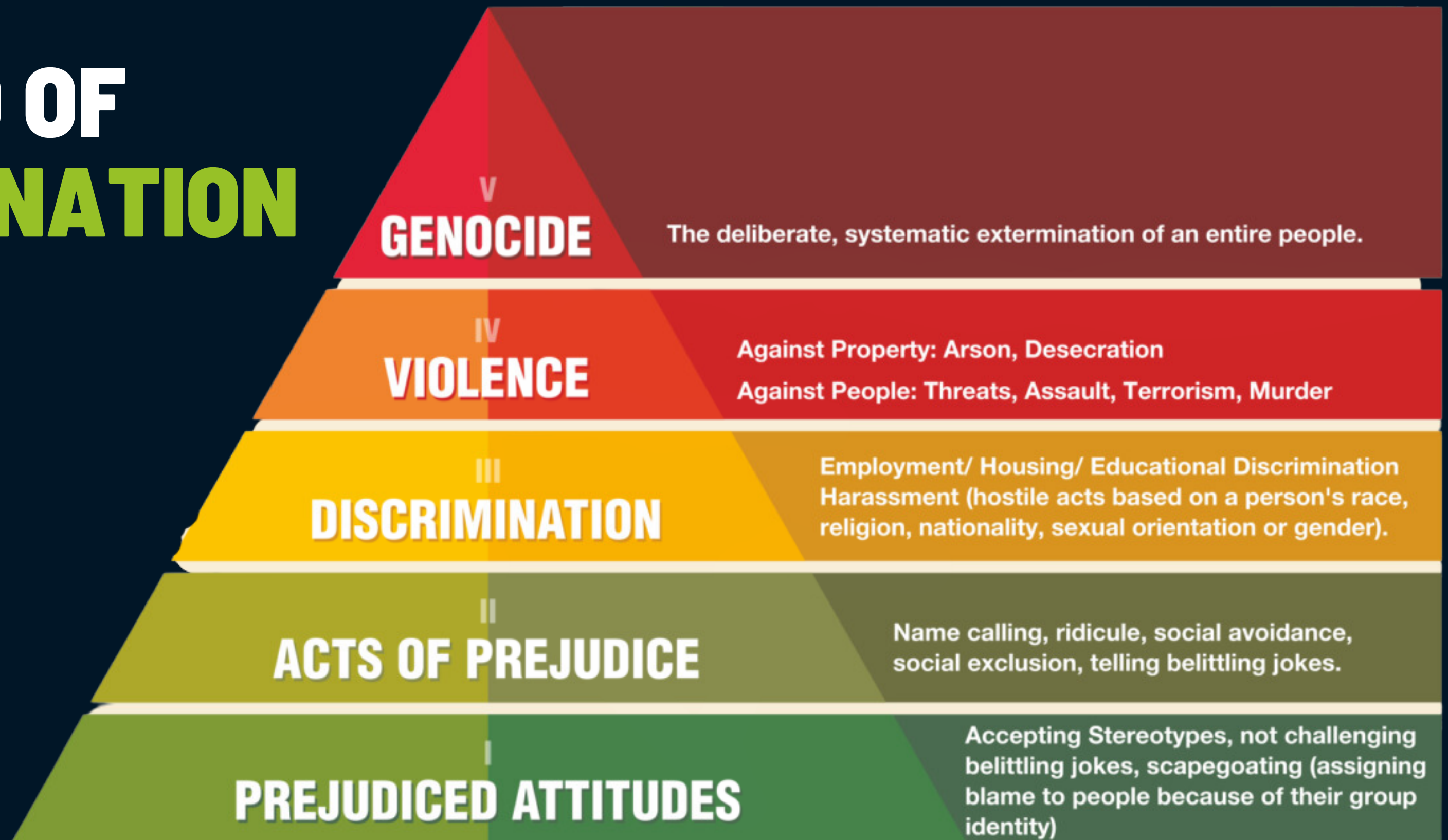


# LONG-TERM TRAUMA RESPONSES





# PYRAMID OF DISCRIMINATION



# **BECOMING AN ACTIVE BYSTANDER**



**SKILLS TO SAY SOMETHING**

# INTERVENTION STRATEGIES- **WHAT YOU CAN DO**

## **ASK**

**ARE THEY  
OK?**

## **SILENT STARE**

**INDICATE YOU  
ARE KEEPING AN  
EYE ON THE  
SITUATION.**

## **DON'T LEAVE THEM ALONE**

**IF YOUR'RE WORRIED  
ABOUT SOMEONE, MAKE  
SURE THEY HAVE A  
FRIEND WITH THEM.**

## **DISTRACTION**

**SOMETIMES WHEN A  
SITUATION IS GETTING  
HEATED YOU CAN  
DISTRACT TO DIFFUSE  
A SITUATION.**

## **HUMOUR**

**SOMETIMES HUMOUR  
CAN BE A GREAT WAY  
TO TAKE THE HEAT  
AWAY FROM A  
SITUATION.**

## **BE A FRIEND**

**IF IT IS A FRIEND WHO IS  
PERPETRATING THE  
UNHEALTHY BEHAVIOUR,  
YOU COULD BE A FRIEND AND  
HAVE A WORD ABOUT THE  
IMPACT OF THEIR ACTIONS**

## **GROUP INTERVENTION**

**GRAB SOME FRIENDS  
SO THAT THERE ARE  
MORE ACTIVE  
BYSTANDERS  
PLAYING A ROLE.**

## **USE THE EXPERTS**

**WHENEVER YOU FEEL YOU  
NEED TO USE EXPERTS TO  
HELP LIKE SECURITY  
GUARDS, BAR STAFF OR  
POLICE. ASK FOR ANGELA.**

# INTERVENTION STRATEGIES- WHAT YOU CAN DO



# **BECOMING AN ACTIVE BYSTANDER**





# REPORTING



[Support](#) [Report](#) [Campaigns](#)

[Talk to us](#) [Leave Site](#)

## Report + Support

We believe that sexual violence, sexual harassment, relationship abuse, bullying, harassment and hate crime are never ok. All staff, students and visitors to our campus can report something either anonymously or with contact details so you will get a response. Reports can be about an individual, a group of people or cultures.

There are two ways you can tell us what happened





 **SafeZone**  
A **FREE** safety app

Download **SafeZone App** on






## STREET MARSHALLS

Out Wednesdays, Friday's and Saturday's

# HAVING A SAFE NIGHT OUT

There are many safety initiatives to help keep you safe on a night out.

-  Spiking tackling devices
-  Support when you're out
-  Ask for Angela





# TACKLING SPIKING

There are many safety initiatives to help keep you safe on a night out.

- Use cup covers whenever you can
- Let your friends and staff members know if you feel funny.
- Police process is to get you tested