

Youth Discussions: What is Bystander Intervention? Joshua Center Video Transcript

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Bystander Intervention *What does it really mean to be a bystander?*
by Aliyah Lipsky

Hi, everyone, thank you so much for joining us. And for showing up early and just for everything, I'm really excited to have you all here. So I know some of you have done one of these before and some of these, this is your first one. But basically we're I'm going to start by giving you a short presentation just about bystander intervention, what is a bystander? And just a little bit basic information to kind of warm your brain up for the discussion, and to get you thinking, and then I have some question prompts. I'm sorry, it's loud. And then I have some question prompts, and we're just gonna, I'm just gonna lead you guys in a discussion. So like Jon already said, we're gonna try to avoid like very personal stories, but just share, like, from your experience, obviously, about what you've learned, and just what you know. So I'm going to start with a short presentation and let me know if you have any questions, you can just speak out because I don't think I'll be able to see you.

Okay, so bystander intervention, what does it really mean to be a bystander. So this is a little bit of basic information about sexual assaults and rape. These are provided by RAINN and Step UP!, so feel free to read through it on your own, and I'm going to go over it. So assaults happen in a range of settings, in public, at work, or at school online, there are an average of 433,648 rape and sexual assault victims. More than 90% of sexual assaults are committed by someone the victim knows and this could be a significant other, a relative, a teacher, classmate, employer, or friend. One in every six women in the US have been a victim of completed or attempted rape in her lifetime. Nine out of every 10 victims of rape are female. 995 out of 1000 perpetrators of sexual assault will walk free. 230 cases of those are reported to police, 46 reports end in arrest. Nine cases get taken to prosecutors. Five cases lead to felony conviction. And 4.5 out of 1000 rapists will be incarcerated. Just let that sink in for a second.

Sexual Assault often is the end of a series of actions by one person to render the other person incapable of giving consent, if that person has been doing drugs or drinking alcohol, to isolate the person from friends and protectors to gradually increase sexual pressure so the person feels consent is no longer an option and they can't say no. To create a sense of fear that the person must go along or be hurt worse, if they don't, and to use an ongoing relationship as an excuse to push farther than the person is really is ready and willing to go.

Let's start with a simple definition. Oxford language has defined a bystander as a person who is present at an event or incident but does not take part. And well for this conversation, we're focusing on bystanders in a sexual prevention context, bystanders are present in a number of daily life situations. You could be a bystander of a car accident, if you just watch it don't do anything. Or if you notice a friend cheat on a test. It's kind of there's a broad range and there's

also some gray area here because taking part in an incident also includes standing by and not working to help it.

An active bystander identifies peers who are at risk and is willing to take protective action and the critical curl, the critical first step of being an active bystander is to be alert to risk and to really understand that sexual assault or rape can happen in a number of different scenarios and situations. Risk can be based on general risk environment, if there's drinking or drugs involved, a mix of known and unknown peers, location -- for example, if you're at someone's house and their parents are home, that might be a different scenario than if you're in a forest at night. And both can be risky but in different ways in different levels. And risk based on interaction between two people, one person's behavior, making another person uncomfortable, isolating the person, or trying to get the person away from friends, or previous inappropriate experiences with the perpetrator if they have a history of sexual assault, and a significant age difference between two people and environment is definitely a big one as well.

So as laid out by RAINN, the Rape, Abuse and Incest National Network. While this acronym does not cover all the difficulties that often come with being a bystander, it can sometimes be helpful to have a short word or list on the front of your mind, especially in fight flight and freeze situations and kind of just running it through your mind if you're in a scenario can often be helpful to move you to action if you're frozen. So this is one by RAINN: CARE. Create a distraction; Ask directly; Refer to an authority; Enlist others. And this is another one by MCCS the 3 "D"s it's called. So this is another helpful reminder. And these offer another reminder are in a situation during one that could lead to sexual assault or harassment. The first D stands for Direct -- giving direct, direct commands and orders to those around you. The second D stands for Distract -- distracting the perpetrator or drawing the person on the receiving end away from the situation. An example given by NSVRC is if you see a harassment happening on the street, you stop the two people and ask for directions maybe just to break it up. The final D stands for Delegate. So this is enlisting the help of someone if you're not able to intervene alone, or if you do not feel safe doing so.

And these are just a few important things to keep in mind as a bystander: keeping the both of you safe is the definitely a big priority and the main priority and make it clear you are witness to what is going on. So signal to the person at risk that you are there and that you're a person that can help them if they need. And also make sure the person creating the risk knows that you're there and that you're watching, because that can definitely be an if a main issue if the perpetrator thinks that no one's there, no one cares, no one is watching. So make sure they both know you're there. And if possible and safe, position yourself between the two people. Be calm and avoid escalating situation and be physically present if you are uneasy about speaking out. Because just you being there can do a lot. And also enlist the help of others if you don't feel comfortable. And even if you do because safety is in numbers. And there are also many other ways to prevent future assaults and to create a non toxic culture in addition to just stepping in, in a situation.

So the first thing is being mindful of the way that you talk about rape and sexual assault. Tone, word choice, and intent goes a long way in contributing to someone feeling unsafe, and resulting in them being less likely to come forward for about a past assault. And also hold your

friends accountable if you see them doing or saying something wrong. Allow yourself to educate them and tell them why what they did and say it was wrong. You can say things like you need to stop, stop what you said made me feel very uncomfortable, here's why. You can't say that, that was very inappropriate. And these can be used to intervene during an assault or harassment or to intervene in toxic talk. And joking about rape and sexual assault really contributes to a culture where survivors do not feel safe and feel that their experiences doesn't matter and is not worthy of being told. This includes rape, jokes, victim blaming, comments online. If rape and sexual assault is always talked about in a setting in which it's a joke and never taken seriously, then a survivor of sexual assault might feel that their experience doesn't matter, and that they might be making it up in their head.

Being a good bystander also means checking in with the person targeted by the attack and see if they needed anything affirm that what happened was not their fault, and that they did not do anything wrong. And this is really important because there's such a toxic culture around sexual assaults and rape, that people often think that they made it up in their head or they're being dramatic. And I think as a bystander, it's really important to make sure that they know that's not true. You can say I saw what just happened, are you okay? What can you do for you? What they said is really wrong, I'm sorry you were on the receiving end of it. Let them know you're there and that you are someone they can come to and that you see them. Also understanding the privilege that you may have as a bystander, and this is something I'm gonna ask you guys about in the discussion a little later on. But harassment usually involves a more powerful person harassing a less powerful, and this could be size, race, gender. If you're in a position of power and more privileged than those around you use it for good and be a bystander, if others are nervous too. Those with less privilege and power may be hesitant to go out of fear or caution. But if you can use your position of power for good. So that's my presentation for you guys. I'm going to try to figure out how to end my screen sharing. There we go.

Okay, perfect. Does anyone have any questions before we continue? You can also ask them later on if you want. Okay. Perfect. So now we're going to go into our discussion. And I'm just going to prompt you guys with a few questions and just share as you feel and just share whatever you feel comfortable sharing, of course. Okay, so the first question I want you guys to think about is how widespread in your social groups is the idea about being a bystander? What is really your knowledge of it? What have you learned?

I guess, I've heard I mean, when I was listening, when we used to learn about like bullying, like I've heard the word bystander used there. And like how to prevent, how to be like an active bystander. I've never really heard about it like learned about it in the sense of like, sexual assault, or harassment. So yeah, it's a pressing new thing for me, I think.

I liked how in the presentation you talked about, you don't have to like address sexual assault, like, directly you can come to the person and like ask for directions. And I thought that that was a way of like, actively preventing a situation by directing it to another one. And I think that most times when you hear the word like, oh, be an active bystander, you can do like intervening at like the worst possible moment, when really you can just start like at the beginning of the spiral that will lead to that and stop it right before it can even begin.

I think there's a trend, specifically Middle School kind of adding on to Evie that there's definitely like a stand up and bullying campaign or something like that. And then you might briefly discuss consent in high school, but you don't really go into depth of being a bystander and witnessing something that's not being consensual. So I think that like, I really appreciated this PowerPoint, but I also think that like talking about how to do it, like the CARE and the 3 "D"s, was extremely helpful, because I think that even like talking about how to like stand up to bullies is not like a standard that doesn't mean any like stand up to bullies. What if you're scared of the bully? Like, you know, just like having tools and like different, like kind of a checklist and going through I think is really helpful. So yeah.

I definitely agree that it's not talked about in schools as for my school, I can't think of one time that we've -- we've talked about sexual assault in like life skills classes, but we've definitely never talked about being a bystander and what to do in that situation. And I think that's definitely something that we should add to our curriculum, because clearly, based on the statistics you showed us, it's so prevalent in our, in our culture and society. So it's just like crazy to me, the fact that we haven't discussed it before, and I, I genuinely didn't really have much knowledge of being a bystander and what to do in that situation. So I agree also, that this definitely helps, the presentation.

I agree, I think, sorry.

I agree with Prudence. They're always saying I've never really heard the word bystander come up in, in school, other than with like bullying, but not with sexual assault. And yeah, the only time I really heard it was is in is it within my own house. So yeah.

Yeah, so like, I feel like everything that I've heard about this stuff is from social media, like sometimes I'll see a thread about how um, like, I get all the awareness from it. Like, I used to think that, oh, this stuff couldn't happen in public, or, you know, like, so I one time read this thing about this girl who, like saw someone like following someone else, and then like, went to the person who was being followed and like, pretended to be their friend, so they could get out of that situation. And I just never heard about, I thought that was a really smart idea. And it like, totally, the girl like saved someone from that type of situation. And I don't know, I really think they should teach you about that stuff in school, and I shouldn't have to, like, go deep into Instagram to learn about that stuff.

I agree. Um, I think that in most of my classes, like health classes and stuff, we only talk about consent. And we never talk about being a bystander, like everyone else was saying. And I feel like the only time that we do really talk about it is like, we brushed over it lightly in health class last year. But it was, again, class was virtual. So like, we It was probably harder to do the whole curriculum, but we still only talked about it for like, a day or two.

Yeah, I feel like in school, there's like a lot of opportunities we have to talk about it. Like, for example, before, like a school dance, we talk about consent, and like the rules for the dance and stuff. But we never talked about being a bystander like, what you can do if you see something like, like, an issue with consent or something.

You guys are great. You're answering multiple my questions at once. It's awesome. But I know a few of you've answered this already. But what else have you learned about being a bystander? And you guys answered this about school, and I know Julia touched about on social media, but for those of you who are on social media, what have you learned about being a bystander on social media or just in other forums as well? Like in what ways was being a bystander communicated to you and what did you kind of dislike or like about the concept? Yeah, like

Julia was saying on social media. It's nice to read about people's personal stories about being a bystander. And that, for me has been like, personally super helpful just because it like gave a situation and like what that person did and how that helped. Whereas I feel like in school, it's super generalized, and it's like, do the right thing and just intervene. But they don't go into specifics of like, what kind of situations would be good to intervene in and like how to go about doing that.

Also, oh, sorry. Okay. I also think that information about, like what to do when you being about, like, if you are a bystander, I haven't really seen any posts about that. And I'm pretty active on like, activism side of social media. And I've mostly seen stuff about like, like victim blaming, and rape apologists, and all of that, and I think it's because it feels so unlikely that you would ever be in a position where, you know, someone else was a victim of sexual assault, and it was happening right in front of you. And so I think that it makes it difficult to really put yourself in that situation and prepare to be a bystander, and because of that, on social media, people don't really talk about it, because they don't actually think that it's a realistic thing that could ever happen to them or to their friends.

I agree, I definitely don't see many posts about bystander intervention or anything on social media, the most that I see related to sexual assault and abuse is like stories of victims, which I think are really interesting, but then again, and are really important to share. But there, we also don't talk about how to prevent that from happening in general. So I feel like a big step is starting at the base of the problem. So it doesn't escalate further.

I agree, I don't, I don't see very much stuff about being a bystander on social media. And I think there's, I think a lot of times, people will, like, make a rape joke, or joke or something like that, and just not really be aware of like, the kind of effect that has, because they're just behind their screen and talking about it. And so I think that, that kind of makes has a big impact on social media. Yeah, another thing is I like, again, I didn't really know that like being a bystander could be helpful in that I could ever be in a position to help someone else. I've just, the only things I've been told is just like, watch your drink, and don't go to parties and don't like get into a stranger's car, you know, like, I it's, I feel like there's a lot more, of course, those things are important. But it's just, that's not all that we should be exposed to.

I feel like Also, sometimes, I might see a bit beyond like, I don't know social media a lot, so. But like, when we learned about bullying, and like bystanders in school, I felt like it was very, like fake or not fake, but they'd be like, you should be like, stop, don't bully or whatever. I feel like it's kind of similar with, like consent and being an active bystander. So it's helpful to, like other

people said, it's helpful to know, more realistic ways where if you're not feeling like you have power in the situation, you can still do something.

These are all very great thoughts. Thank you guys for sharing. And adding on to this again, do you talk about being a bystander with your friends? An example, like do you and your friends make a plan before going out together? To hang with people you know, or don't know. But do you have a plan to like stick together or to not like, leave a friend alone or things like that, and this can be present in a number of different scenarios. But I was just wondering if you guys talk about it with your friends, if this is discussed at all? So yeah, I think it's definite for me personally, I think it's discussed like to like stick together or I remember one time we had like a signal of like, something with our hands where it's like, if you're uncomfortable, do this and we'll get together and help you. So I think little ways like that are like really helpful for my friend group. Just to make sure everyone feels safe and comfortable in any social setting.

I agree. I think like whenever I go out with my friends, we try to stay together and like if we notice one of us has, like, gone astray or like, we'll try to find that person so they're not gone too long.

One friend, I had a really uncomfortable experience with someone and she, she said that she would like shoot me a text if that ever happened again. And I could call her but other than that, I don't, we, me my friends don't really talk about being a bystander very often.

Yeah, like, similarly, like, I'm specifically noting that I'm definitely privileged as like a white guy, but like my group, like a specific guy friends, like, no, like, I have not thought about that, like I go to, like, I'm not like we're vigilant. Like, well, like, I'll make sure that like, my friend gets home safe or like, something like that or stuff like that. And like, we're definitely I've definitely had to intervene and stuff. But like, not like, I don't go and like be like, I don't have any plan. Like, it's, I'm just kind of like, like, I I even if like one of like, we split up halfway through the night. I text them and be like, I'm fine. Like, something like that. And that's totally acceptable. But I know there's so many cases for a lot of people that that's so not and that's, it's crazy that that is the case that like I can totally have that experience, but so many other people don't. And like, yeah.

My situation is pretty similar. I think that I've talked with my friends about like staying together at parties, or like in a social situation where it can be dangerous, but I don't think we've ever talked about it in context of being a bystander of sexual assault. I think we it's more just like, have each other's backs, which I think now that I think about it, it's important that we come up with a plan. So that's definitely something that I'm going to bring up to them. Yeah. Yeah, um, my friend group, we just, we definitely don't talk about it that much. Definitely should talk about it more. But like, if someone's gone for too long, or like, our group is split up or something. There will always be like, a text sent. Like, where are you at? Like, how long are you going to be -- something like that, small.

Yeah, my friends and I, we just use like, code words. Like one thing that we say is I'm craving waffles. Like, if anybody feels uncomfortable in a situation, then they'll just say like, I'm craving waffles, which is just like a code thing to let people know or let other friends know that you're uncomfortable with something. And another thing is, I just feel like, it's almost like, you don't

even have to say it. Like, if you want to meet up with somebody that like you don't really know very well, or who like doesn't go to the same school as you. It's like you always bring someone else just in case. Because I don't know, that's just like, it would be weird to not bring someone else. And I mean, it's smart to do it. But you just got to be careful. Yeah, those are all great ideas. What are the difficulties of being a bystander what would make you hesitate or stop from being one and feel free to talk about the challenges as well as kind of dismantling them or like, what you do to overcome them?

I'm a pretty small person. So I think that it's pretty intimidating to have to go up and stop something that might be happening between two people or like twice as tall as I am. And so I think that an important thing for me is to enlist the help of other people, because I have a pretty loud voice and so I think having friends or having a group of people with me, would make me for me feel more safe, going into situations that are potentially dangerous, and also stopping situations that are potentially dangerous for someone. Oh, sorry.

I guess a big part is like, second guessing myself, or like, it's like when like, someone cat calls someone you're like, whoa, did that just happen? Like you don't, like it takes you a while to like, realize that something like that has happened? So because I guess I'm just not like, as confident to be like, that's not okay. Or like, I'm not sure. Because I haven't seen enough like, I just I think because it hasn't been normalized enough. You don't really know how to like, call it when you see it. And so yeah just building up the confidence. Yeah.

Yeah, I agree. I think that a big part of it for me is when I think of being a bystander, I think of like the first situation to come into my head is like being a bystander to a friend. And from that point, I would assume that somebody like a predator would be like, somebody who's like more aggressive or like stronger. So it's definitely fear of standing up to somebody like that. And but I also think that there are a lot of signs leading up to that. So it's important for me to like, stay aware and cautious so things don't escalate to a point where I'm where I'm like really scared to intervene, I think that I can like help way before it even gets to that point. And I was gonna say something else.

I don't remember, I'll think of it. Yeah, I agree with that. Like, I think, I think that, um, I'm not someone who can really like, fight or who can really like, I don't know, like, call somebody out or like stand up to somebody who is, um, like doing that. So I feel like I would have to work like, smarter with that I feel like I would have to do like to be a bystander and help someone out in like a kind of a, like a subtle way. And to kind of make it so nobody sees. And, um, yeah, kind of like with the whole thing about how it's important to like, look out for the signs before something actually, like happens. And to like, notice the early signs. So I think that's an important thing to do.

I think like, the main thing that would stop me is like, I think like, when I see a friend, the only unless I felt really, really unsafe, I think that's hard. And then you just get a bigger group of friends or you get another friend to distract, like, two people can distract both parties, which helps. But I think that like, the thing that's like, really scary is like when you're both strangers. So you don't know, really, you don't know what the situation is, it doesn't look great. But like you don't know any of the context. And like, you're just like, kind of see this and you're like, who do I

talk to check? Like, you just don't know the whole story. I think that can be a little difficult. And like, that's when you don't I don't feel like I have any confidence in that situation.

I agree. I think it would be a little easier for me to intervene if it was a friend or someone that I know. But if it's a stranger then I think it might, I don't know, I wouldn't I don't, I would want a little. And I didn't if it was a stranger and I didn't really know like the whole context of the situation, it would be a little harder for me to, to know what really what to do in that situation. Yeah, I

think another like, tricky thing is like, when you second guess yourself, and if you're you're deciding between, like whether you're being overbearing, and like invading in their personal space, and like, if intervening is too much, or just you read the situation wrong? Or if you should trust your intuition and like, go for it and take action. And I think like that gray area of like, not knowing whether it's your place to intervene and like, or not, is tricky. Yeah.

I feel like if I was, like, with a group of friends, and I saw a stranger being assaulted or something, but I was second guessing myself, I would try and get like a second opinion. And like, if I was, yeah, if I was second guessing myself, I would get a second opinion to like, see if I should do something and then definitely go in. But if it was like my friend, I would probably just go in no matter what. Not second guessing, second guess myself. Sorry.

I remembered I was gonna say, on the slideshow, I forget what the exact number was, but like a crazy amount of people who are assaulted or people are assaulted by people they already know. So I think in that instance, if I know that the person knows the person who may be like assaulting them, I wouldn't think that they were because they know each other. And I would like, and I would know beforehand that they had a relationship. So if it was a stranger, I think that's like an automatic sign for me like, okay, this person needs help. In a situation where it's like, an adult that they know, or a teacher or something, I don't think that I would even think, oh, I need to intervene, which is a problem.

I know Justin touched on this a little bit about the stranger thing and like, like strategies he would use for that. But I know like Mila just said this a little bit as well. But in those situations when you're unsure, and you're second guessing yourself, and you're kind of very hesitant about intervening. What like what do you do in those situations? And how do you respond? Do you get a bigger group of friends like some of you mentioned? Or do you just assume the best or if you guys can just touch on that a little bit, kind of just how to -- how you think through that in one of those situations.

I feel like Personally, I would want to grab like, another person or like another two people to like, help me confront what was going on and like intervene, maybe.

Yeah, I feel like just confronting someone with two other people or other people is a lot easier than going by yourself, even if they don't say anything or do anything, just having other people with you, with just just for the support would help a lot.

Yeah, I think it's always best, just like as a motto to be overly cautious than to just assume that nothing's gonna happen. And I think if something hasn't escalated, I think, for me, the best idea would be, like out of the 3 "D"s to go for Distract to then see if it is a situation where if they're like, if you could easily get them out of the situation, or if you like, try a distraction, and it doesn't work and it like continues to push, then I think that's a sign, like, okay, I really need to step in or get more people to help. Yeah, those are all great and great ideas. Okay, now, I know, Jude touched on this a little bit earlier. But in your eyes, and I know, this means something different for everyone. But how does perceived power or I guess, status, impact one's ability to be a bystander?

I feel like it makes it more difficult to intervene, because you know, that you could be endangered in the future and not just in that moment. And it also automatically creates a dynamic where instead of you coming in, and suddenly being the person of power, cuz now it's like two against one. You can stop a person from doing something to like a friend or a stranger. Like, now you're, you're still going into that situation with less power than the person who's like the perpetrator. And, and so I think that makes it difficult to really feel confident going into that situation and actually pushing yourself to take that risk and defend someone.

And adding on real quick, and like when I mean privilege, I'm, it can be a whole range of things, but I guess, gender, class, race, height, it can just be any of those things just to see if that sparks anything.

I feel like a big part of it is, like knowledge of the situation. So if it's like, someone who's my age, who I already know is like, a dodgy person, like, you know, I already know, they're more likely to like, do something bad versus someone who's older, who is in like, a position of like, where they're like a superior or just like even if it's just age, like I don't know, as much about like, how to handle the situation if that makes sense. Like, I don't know how to interact with that person. So yeah, it definitely affects it that way, I think.

I think, um, I think it's definitely really hard for people who are in a position of power, like, I mean, we see, I, we probably all seen all, like a million examples of it with Harvey Weinstein, or Bill O'Reilly, or any other of these sexual assaults that happen in the news. I think I think that makes it really hard for people to intervene because they don't know if intervening could impact them in their, impact their job or impact their, their life in any kind of way. Because they're dealing with someone who's at a high place.

I also think that is, in an instance where you are more privileged than the like person who is being assaulted, it's definitely important to use that to your advantage. And to use it to help others not be like, oh, well, because I'm privileged, like, nothing will happen to me. It's really important to use that to be a bystander.

I also think that like part of the privilege that like why it's privileged, like why I'm privileged in many of these situations, like to be able to be like a powerful bystander is like, I think like evolutionary like when, like, when someone is look looks similar to you, right? It's like, it's just I'm focusing specifically on my gender. Like, another guy says, another guy, like, in some way, there's like, some weird like, kind of not connection, but like kind of guard goes down. Like

there's now we're focused on each other. And that's, I think the distraction that it goes to, is that like, by being able to like I first of all feel more competent to intervene. So that's part of my like privilege, but also, I have the ability to like, I'm like I'm going to probably get my go to would probably be distract the perpetrator not like, not distract the victim, if that makes sense. Does that kind of make sense? Maybe. Um, and for those of you in high school who have like experienced High School situations, how does I guess the like social hierarchy and per se, of high school affect being a good bystander and like, once again, like age, gender class at your school? And like, also grade, like, if you were in a situation and you're a freshman, and you see something happening with a senior, like, how does that affect things for you?

Um, last year, I was a freshman. And I feel like I would have been so scared to like, go up to a senior if I saw something happening. But I feel like now I'm like a sophomore now. So I feel a bit more comfortable, like going up to someone who's like an upperclassman and like, trying to intervene and like, stop any bad situation. But like, of course, with other people, too.

And then one of the last questions, is there anything that you guys wish -- and I know, you touched on this a little beginning -- but is there anything that you wish you'd been taught as a bystander? Is there anything else that you wish you knew, and were taught as an early on at an earlier age? I wish that, like, I hadn't been taught that it was entirely like, everybody just had to be completely like responsible for themselves. Because I don't know, I had that idea in my head for a long time that like, if anything happens, it's like, well, not if anything happens, like before it happens, it's like your responsibility to prevent it. But um, it's true that it's like never the victims fault. So I don't, I don't think it's, I don't think it's helpful to just teach kids that, you know, like, watch your drink, and don't talk to strangers. And, you know, like, don't always and always be in a group. And I think those are important things to teach. But at the same time, like, you know, there's that one quote, where it's like, don't tell victims to like, not be vulnerable tell, like rapists not to rape. I think that I think that's true, too. And we should be taught more about that. But also with the bystander thing, like I just did not know, that was a thing. I didn't know that if I wasn't like the victim that I could have any, like, impact on some on preventing someone else from being harmed. And I really do think that is an important thing to teach that I was not taught.

I agree, I think it's definitely something that should be taught in schools how to be a bystander, because when I think about it, like I was never taught it in school. So that means that the rest of the school wasn't taught it in school. And the people who I surround myself by at like parties are people who go to the school, and nobody really knows what to do. And that's such a scary thing to think about. So I definitely agree that, yes, we're taught at a young age, like Stranger Danger, but we need to be taught what to do for others, and how to prevent assaults in general.

I think that it's like I was never taught like the progression of events that lead up to sexual assault, it feels like someone can wave a wand, and then now you're a victim, not like, you know, all of the little nuances of building up to that point and putting yourself in a position where it's like, realize, Oh, wait, no, this has been happening for a really long time. It's not just this one moment. And I think that it's really important that we learn how to identify those little moments, because then we can figure out how to prevent it, either if, like, you know, you're a bystander, or if you're in that situation.

I feel like there are a lot of opportunities at school where we could, like be learning about this. Like, especially in like, sex education classes, like we could talk about this too, along with consent more. But I feel like, we don't really learn about it enough.

Yeah, and I wish we could go more in depth just because I think it's really helpful. If like, we knew about all the like, the different range of situations that a person could be in. Just so that it's easier to like, identify when you're in that situation, what you can do and like, like, know what you're going to be confident in like the actions you're going to take.

Okay, if there are no final thoughts. That's all my questions. Thank you guys so much for participating and for everything that you guys shared. I really appreciate it and yeah, they're really great insights.