

Intervene

A pro-social bystander intervention program from Cornell Health's Skorton Center for Health Initiatives



WHAT IS INTERVENE?

Intervene is both:

- a stand-alone, online **20-minute video** portraying student bystanders successfully intervening in seven situations
- an in-person, **60-minute workshop** in which students view the video and engage in a facilitated conversation to reflect upon the attitudes and behaviors that influence the process of intervening

Both the video and workshop:

- were based on **real-life situations** faced by students at Cornell and beyond
- are grounded in **social behavior theories** and **public health research**
- underwent **rigorous evaluation** (with a randomized controlled trial and a pilot study, respectively) and were shown to be effective



HOW CAN I USE INTERVENE?

- Cornell's video and corresponding workshop Facilitator Discussion Guide are available **for free** at health.cornell.edu/intervene.
- *Intervene* works best with undergraduate and graduate students who have already experienced some of the challenges of college life.
- *Intervene* is recommended for use with **more seasoned students** as part of ongoing campus education, rather than as an orientation program for new students.

- Received a Silver Telly Award in 2017 for the Non-Broadcast Productions General Social Responsibility category.
- Screened at the American Public Health Association's Global and Public Health Film Festival, November, 2017.

ACCOLADES



Cornell
Health

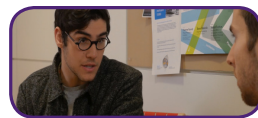


Intervene was funded with generous support from United Educators and Cornell alumni.

TOPICS EXPLORED



Cornell's *Intervene* demonstrates bystander interventions in these seven situations:



emotional distress



hazing



intimate partner violence



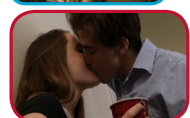
racial bias



alcohol emergency



sexual harassment



sexual assault

CONSIDERATIONS WHEN BRINGING INTERVENE TO YOUR CAMPUS



- Think about how *Intervene* fits with your existing bystander initiatives.
- Consider how *Intervene* aligns with your current campus initiatives on the featured health topics. Include your campus policies and resources.
- Connect with the campus stakeholders who could become the "champions" of this initiative.
- Think strategically about which student groups would benefit most from the program (e.g., who should see it first).
- Ensure workshop facilitators understand their roles as both presenter (delivering knowledge & information) and facilitator (guiding groups toward self-reflection, understanding and acquisition of knowledge, attitudes and skills).
- Prepare a variety of potential responses to questions or concerns that individuals, groups, or campus departments might have in relation to video/workshop content or campus implementation.

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