

Intervene

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



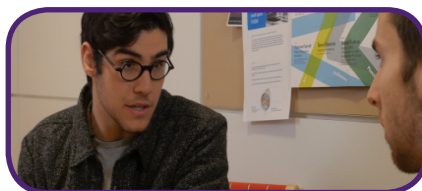
WHAT IS INTERVENE?

Intervene is both:

- a stand-alone, online **20-minute video** portraying student bystanders successfully intervening in situations involving sexual assault, sexual harassment, intimate partner violence (emotional abuse), hazing, an alcohol emergency, emotional distress, and bias
- 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 are:

- based on **real-life situations** faced by students at Cornell and beyond
- grounded in **social behavior theories** and **public health research**
- developed and **evaluated** by the Skorton Center at Cornell Health



WHAT MAKES IT WORK?

Cornell's Intervene:

- uses an **empowering** and realistic approach to problem-solving
- illustrates how bystander intervention skills can be applied to **multiple college health topics**
- includes successful **individual and group** interventions
- depicts a **range of severity** (non-urgent, urgent, and emergency scenarios)
- explores the role of bystanders in **situations as they develop** over time
- addresses how to intervene across **multiple kinds of relationships** (friends, strangers, roommates, acquaintances, classmates, co-workers)
- is designed **for college students** (undergraduate, graduate, and professional students)
- underwent **rigorous evaluation** (with a randomized control trial) and was shown to be effective



DATA

Survey questions were developed using the **pro-social bystander model**. They explored the degree to which students:

- identified a situation as a problem
- felt a responsibility to act
- were likely to intervene

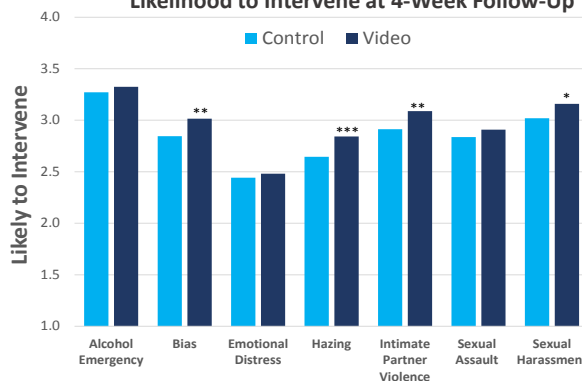
Randomized Control: After four weeks, students who watched the stand-alone video reported a higher likelihood to intervene for most situations compared to a control group who did not view the video.

Workshop Pilot: The workshop was effective in increasing students' likelihood to intervene for most situations as measured in the four-week follow-up survey.

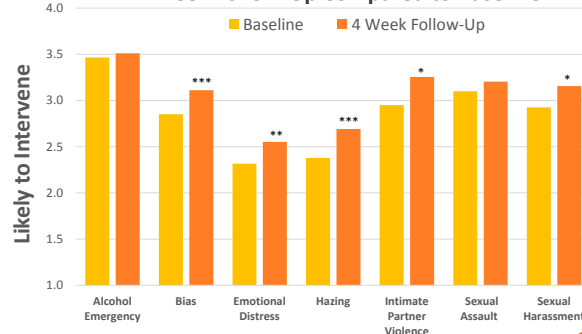
*Statistically-significant differences are denoted in the following ways:
*** $p \leq 0.001$, ** $p \leq 0.01$, * $p \leq 0.05$*

LIKELIHOOD OF INTERVENING

VIDEO ONLY Compared to **CONTROL**
Likelihood to Intervene at 4-Week Follow-Up



WORKSHOP Participants' Likelihood to Intervene at 4-Week Follow-Up Compared to Baseline



On a 1-4 scale (1 = not at all likely; 4 = very likely)



HOW CAN I USE INTERVENE?

- Cornell's video and a corresponding workshop discussion guide are available **for free** at health.cornell.edu/intervene.
- *Intervene* works best with students who have already experienced some of the challenges of college life.

It is not recommended as an orientation program for new students. Rather, **use it with more seasoned students** as part of ongoing campus education.



CONTACT

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