**Intervene**

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

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**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

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**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.

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**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

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**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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**ACCOLADES**

- 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.

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**CONTACT**

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