

# Rise Above the Pack

## Bystander Intervention Training

Your workplace can contribute to preventing violence against women



**YWCA**  
Australia

Women leading change

# Bystander Intervention Workshop Overview

YWCA Australia's **Rise Above the Pack Bystander Intervention Workshops** empower participants with the knowledge, skills and confidence to safely intervene in situations where the respect or safety of women is at risk, and to challenge anti-social behaviour based on gender inequitable attitudes.

## Topics Covered in Bystander Intervention Workshops:

- ▶ **Violence against women in Australia– the statistics**
- ▶ **Understanding the drivers of violence against women**
- ▶ **Exploring how violence against women links to gender inequality**
- ▶ **How can we prevent violence against women?**
- ▶ **What is bystander intervention?**
- ▶ **Practical bystander intervention tools and strategies**
- ▶ **Putting it into practice – scenarios and group discussion**

## Summary of Workshops:

Workshops are three hours in durations and are delivered by two facilitators within your workplace or community group. Workshops can accommodate up to 30 participants.

By exploring the topics stated above, participants are encouraged to reflect on their own attitudes and behaviours in a safe and inclusive space. The facilitators provide an introduction for understanding how gender inequality impacts in social, cultural and workplace contexts, and enables participants to engage in discussion around how gender inequality is linked to violence against women.

Participants are then provided with a range of positive bystander intervention strategies, using real-life examples, videos and scenarios to explore how these might be practiced in workplaces, communities and social groups.

Participants complete a pre and post self-assessment survey within the workshop to evaluate impact, satisfaction and to provide feedback. This data is provided back to the organisation through a workshop summary report.

## Outcomes:

These workshops aim to increase participants':

- **Understanding of Violence Against Women (VAW)**
- **Understanding of Victim Blaming**
- **Understanding of the link between Gender Inequality and VAW**
- **Understanding of Positive Bystander Intervention**
- **Inclination to question behaviours and attitudes based on gender inequality within the workplace, personal networks and broader community**

## To enquire about booking a workshop for your workplace please contact:

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