

The University of Arizona C.A.T.S. Life Skills Program, along with the National Collegiate Athletic Association (NCAA) and national leading experts, including The APPLE Conferences and The BACCHUS Network, has developed a new program called STEP UP! Be a Leader, Make a Difference. Every year in athletics and at the University level as a whole we face situations (including tragedies) that were completely avoidable had someone intervened. The passive bystanders who were aware of the problem live with regret, guilt, or denial following these sometimes catastrophic events without understanding why or how things got so out of hand or evolved as they did. Although a majority of people believe they will do the right thing if presented with a crisis, research tells us that many people actually do not intervene when they have the chance. The foundational research on bystander behavior unequivocally establishes that teaching people about the determinants of prosocial behavior makes them more aware of why they generally don't help in problem situations. As a result they are more likely to help in the future (Dovidio et al. 2006). Clearly, we want our students to move from passive to active bystanders. The goals of STEP UP! are to:

- Raise knowledge, understanding and awareness of helping behaviors
- Increase motivation to help friends, peers or group members
- Develop skills and confidence when responding to problems or concerns
- Ensure the safety and well-being of self and others

A survey at three universities (The University of Arizona, University of California, Riverside and University of Virginia), revealed that students are encountering multiple situations where bystander intervention would be appropriate including, among other things, alcohol abuse, hazing, eating disorders, depression, sexual assault and discrimination. Almost 90% of those interviewed stated a problem could have been avoided with intervention and up to 85% of the student-athletes indicated they would like to learn skills to intervene. The bottom line is that most problems are preventable with intervention.

STEP UP! training provides a framework explaining the bystander effect, reviews relevant research and teaches skills for intervening successfully using the 5 Decision Making Steps (Notice the event; Interpret the event as a problem; Assume personal responsibility; Know how to help; Implement the help), and introducing the S.E.E. Model (Safe; Early; Effective). Students learn strategies and techniques to intervene directly or indirectly in both emergency and nonemergency situations. The unique interdisciplinary approach is a framework for addressing any problematic situation and focuses on the majority of students who want to do the right thing.

This is a comprehensive bystander intervention that addresses ten different issues including academic misconduct, (cheating, plagiarizing, etc.) To our knowledge, no other bystander intervention program addresses such a wide range of issues.

The STEP UP! website ([www.stepupprogram.org](http://www.stepupprogram.org)) offers an extraordinary amount of free information including, among other things, all of the PowerPoint training materials, student and facilitator guides, and assessment tools (initial pilot survey, pre/post tests, as well as a post training evaluation).