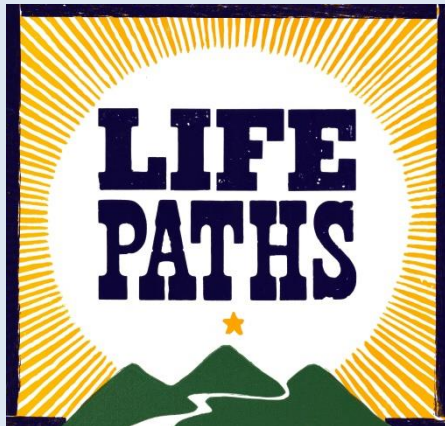


Doing a Resilience Reframe: How Resilience Reshapes what we Do



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A Research Journey



Photo by Jane Sydney





Bystander Intervention

- Bystanders are: defenders, supporters, witnesses, dissenters, spokespeople.
- Narratives about bystanders exist across disciplines and history.
- It has helped us “re-story” violence prevention
- More positive approach that has potential to build on strengths and connect to people’s inner narratives about helping and connecting.



Limitations

- Bystander intervention programs still largely fit within usual narrative of violence prevention:
 - Focus on the individual rather than community
 - Reactive rather than proactive
 - Reduce risk rather than enhance strengths
 - Blame bystanders instead of focus on perpetrators



Asking Different Questions

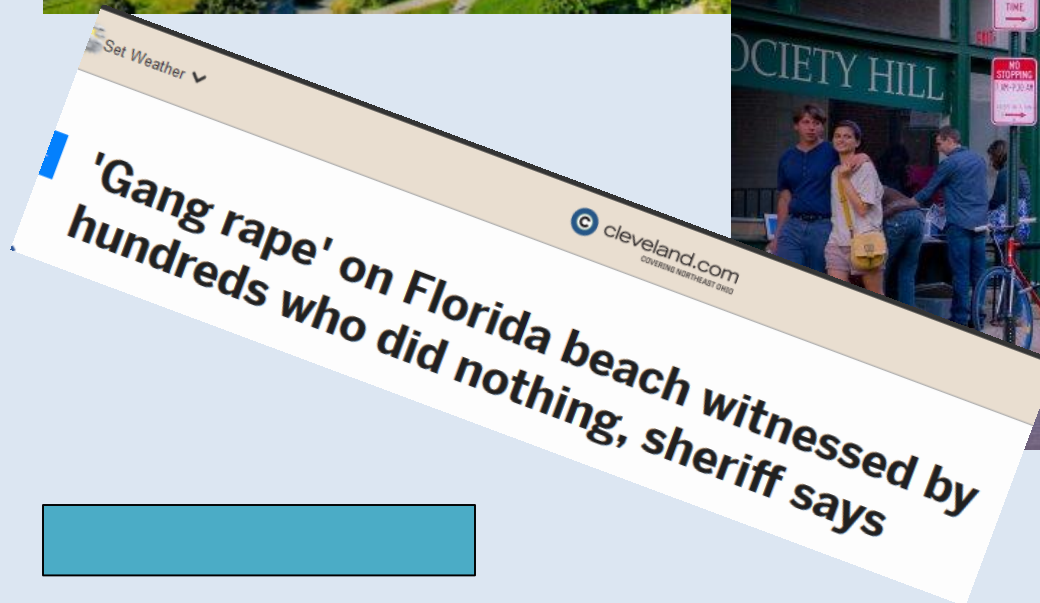


got purpose?

- 3 Things you like about your town.
- How often have you talked with young people you know about healthy relationships?



Really thinking about context



A New Lens on Environmental Scans



NiFTY



CAMI



Different Models for Practice



"The pound of cure is available as a generic but the ounce of prevention is by prescription only."

**THEORY OF PLANNED
BEHAVIOR/REASONED
ACTION**

**HEALTH BELIEF
MODEL**



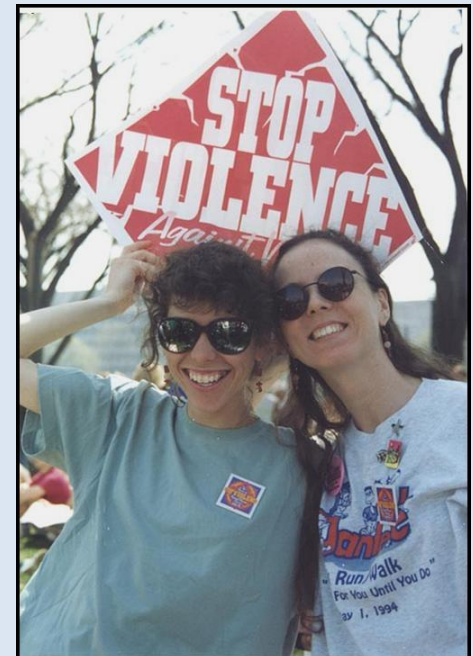
**SITUATIONAL MODEL
OF BYSTANDER
INTERVENTION**

**READINESS TO
CHANGE**



- Lincoln HS (Longhi): “conversations that matter” & positive teacher relationships
- Mother-daughter communication (Testa)
- Exercise (Sibold)
- Pos. mood/emotion increases helping (Lamy)
- Environmental cues and changes (Taylor et al)
- Coach expectations (Kroshus)
- Corrective feedback (Treat)
- Family Check Up for self regulation (Fosco)











Why it Can Work

- Invite everyone to the table – building protective factors connects to people.
 - Reduces stigma of help-seeking
 - Use of narrative fits with what people find helpful in their lives
- Value added to violence-specific content
 - Sibold et al (2015) – physical activity decreases suicidality among bullied teens
 - Nguyen-Feng et al (2015) – online stress management course and written exercises for college students to increase control and decrease rumination



Building a Better Bystander

- Regulatory: narratives to cue people about feeling powerful or doing something different.
- Interpersonal: Train bystanders in natural social groups to use it to build relationships for supporting one another.
- Meaning Making: giving people a positive role not just avoiding victimization or perpetration
- Visible norms are that bystanders don't help. Need to shift this
- Not just about barriers but about facilitators



Prevention Science



Child abuse



Dating violence



Sexual assault



Community
Violence



Substance Abuse

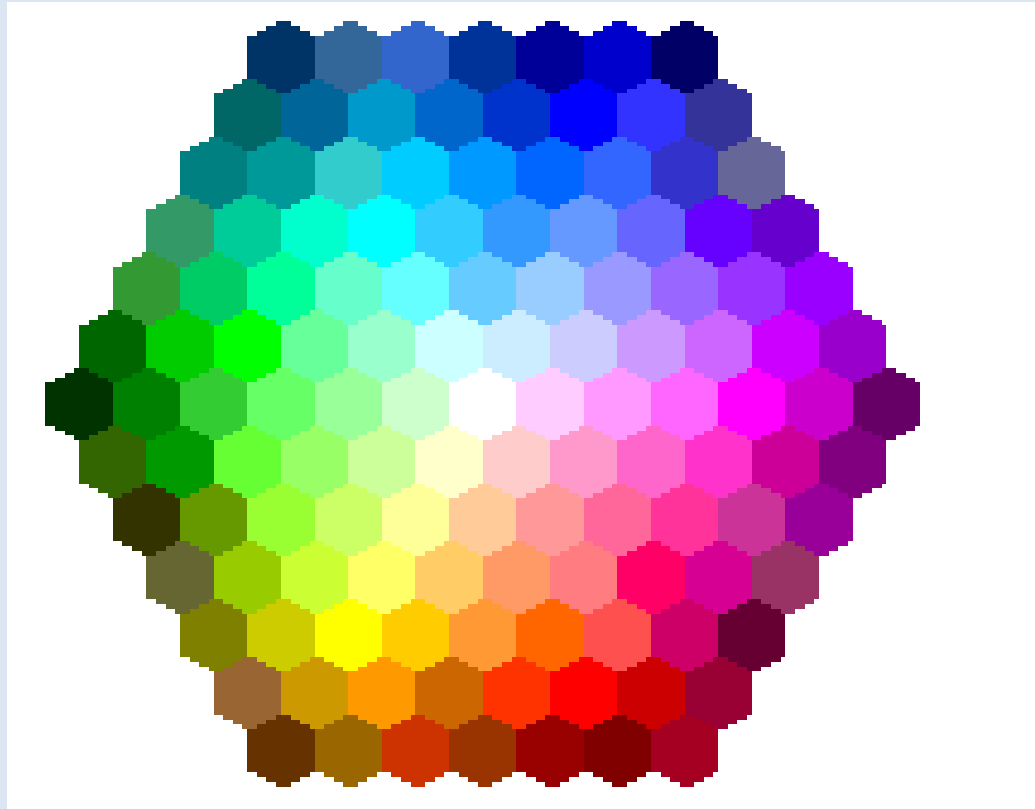


Bullying



Mental Health





Go Big or Go Home: Creating Truly Comprehensive Prevention



A More Personal Note

