

**Safety, Bystander Training, and
Support Resources
for Tutors at
Idaho State University**

Compiled by Madi Brown



Safety Information

Who can I contact?

In an emergency: **911**

For smaller instances, contact ISU Public Safety

Phone (all campuses): **(208) 282-2515**

Email (all campuses): pubsafe@isu.edu

Mail:

- Pocatello Campus 921 S 8th, Stop 8140, Pocatello, ID 83209
- Idaho Falls Campus Bennion Student Union
1784 Science Center Dr., Idaho Falls, ID 8340
- Meridian Campus ISU Meridian Building
1311 East Central Dr., Meridian, ID 83642

How can I stay informed?

- RAVE Guardian App
- More information is available at
<https://www.isu.edu/publicsafety/safety--security/rave-guardian/>

What if I'm just feeling uncomfortable walking across campus or know a student who is?

Call Public Safety for a safety escort!

Bystander Resources

It can be hard to know what to do when someone near you seems to be being bullied or at risk of harm. What's your responsibility? What options do you have? How can you help them while keeping yourself safe? Several schools have developed "Bystander" training programs to help students address these situations. The information on this page relates to Cornell University's "Intervene" Bystander Campaign. Please consider watching the video on their website, which can be found at

<https://health.cornell.edu/initiatives/campaigns-materials/intervene-bystander-campaign>

Types of situations included in the Cornell video

1. Sexual Assault
2. Bias
3. Hazing
4. Emotional Distress
5. Hazing
6. Sexual Harassment
7. Intimate Partner Violence
8. Alcohol Emergency

Responding to the video....

- Are these situations common on the ISU campus?
- Did you find the video to be realistic?
- Have you ever been in one of those situations?

7 steps to an effective bystander intervention

1. Recognize the behavior
2. Interpret behavior as a problem
3. Feel a sense of responsibility
4. Know what to do (or not do)
5. Feel you have the ability to take action
6. Perform a quick cost/benefit analysis
7. Act (direct, distract, delegate, discuss)

Thinking it through...

1. Have you dealt with any situations on campus that needed your intervention?
2. How would you classify the situation you mentioned in question 1 based on the 8 types listed? (ie. Alcohol Emergency)
3. Have you ever witnessed someone else who did a good job intervening when needed?
4. How would you classify the situation you mentioned in question 3 based on the 8 types listed? (ie. Hazing)
5. What went well during the intervention?
6. What kinds of situations have you encountered on campus that are missing from the ones listed?
7. Do you think that tutors commonly deal with any of these situations?
8. What types of experiences have you dealt with while working as a tutor?
9. How have you dealt with complicated situations in the past?
10. How would you handle a tutee who is going through emotional distress during a session?
11. What are some tools you have used to keep yourself safe while intervening in a situation?

The "7 Steps of Intervention" discussion

What signs help you to recognize mental stress, bias, and other types of situations where intervention may be necessary?

- What constitutes a problem?
- What responsibilities do tutors due to their role on campus? Is it different from other students?
- How do we keep ourselves safe during an intervention?

Action:

- Direct:** Remain calm and tell the aggressor that their behavior is not appropriate and that they need to stop.
- Distract:** Interrupt the situation by getting the possible victim out of the area. For example, tell your friend that they have a call or that someone needs to speak with them to take them away from the situation.
- Delegate:** Get help from staff or someone in a position of authority to help.
- Delay:** Follow up with victim and call for help once you are not in any harm. Even calling for help right after a situation could protect or assist the victim.

Keeping yourself safe

Cambridge University offers information on their website about being an active bystander. They recommend following these ABC's before jumping in to help.

<https://www.breakingthesilence.cam.ac.uk/prevention-support/be-active-bystander>

- A: Assess for safety.** Make sure that it is safe for you to intervene. Your safety is a priority.
- B: Be in a group.** Do not intervene alone. It is okay to call for help if you are alone.
- C: Care for the victim.** Talk to the person you think is in trouble and ask if they are alright.

Tutor Reminders

Students can always email professors or talk to disability services when they are having trouble in classes. Although tutors can be very helpful, sometimes the best assistance or explanation can be given by the professor or TA who will be evaluating their work.

Know about the resources on campus so that you are able to help your students and yourself get the help that you need at any time.

If you do not know who to go to, talk to the tutoring staff. They are here to help you and the students you are tutoring.

Campus Resources

Situations involving bias:

Office of Inequity and Inclusion

Rendezvous Bldg. Rm. 157
921 S. 8th, Stop 8315
Pocatello, ID. 83209
(208) 282-3964
FAX (208) 282-5829

Janet C. Anderson Gender Resource Center

Rendezvous Bldg. Rm. 235
921 S. 8th, Stop 8141
Idaho State University
Pocatello, ID. 83209
(208) 282-2805
FAX (208) 282-5829

Situations involving stress:

Counseling and Testing Services

Pocatello: (208) 282-2130
Idaho Falls: (208) 282-7750
Meridian: (208) 373-1719

Crisis Line 1-800-273-TALK (8255)

Situations involving health:

ISU Health Center

990 Cesar Chavez Avenue (S 8th Ave) Pocatello, ID
83209
Phone: (208) 282-2330
healthcenter@health.isu.edu

Situations involving disability:

Disability Services

Phone: [208-282-3599](tel:208-282-3599)
Fax: 208-282-4617
VP for ASL: 208-530-6505
Email: disabilityservices@isu.edu

Situations involving veterans:

Veteran Student Services:

Phone: (208) 282-4245
veterans@isu.edu