



# Green Dot Ketchikan

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WISH and the Revilla Island Resilience Initiative



REVILLA ISLAND  
**RESILIENCE  
INITIATIVE**



# Group Agreements

- ▶ In every chair a leader
- ▶ Speak to be understood, listen to understand
- ▶ We are responsible for our experience
- ▶ Respect differences
- ▶ Step up, step back
- ▶ Respect our time together
- ▶ Take care of ourselves and each other



# Today's Training

- ▶ Overview of Green Dot
- ▶ Framing the issue in Ketchikan
- ▶ Barriers to intervening
- ▶ The 3D's
- ▶ Proactive Green Dots
- ▶ Hope





**GREEN DOT  
ALASKA**

How much do you believe we can actually, measurably reduce the number of people who experience power-based personal violence in our community?

1. I am positively certain
2. I am fairly certain
3. I am doubtful but hopeful
4. I don't think we can but we should try anyway.



- ▶ **43% of Alaska women and 30% of Alaska men experience intimate partner violence in their lifetimes.**
- ▶ **13% of KayHi students report experiencing sexual violence**
- ▶ **38% of children born in Alaska will be reported to Child Welfare before the age of 10.**

A **Red Dot** is a single choice to cause harm to another person.



A **Green Dot** is a single choice to reduce the chance a red dot happens.





**Do you know anyone who has  
had an act of violence  
committed against them?**



**If you know someone who has had an act of violence committed against them, was there a bystander who could've attempted to intervene and stop the violence at any point along the way?**



# The Bystander

- ▶ Anyone in the community who sees or hears about a behavior that could lead to something high risk or harmful.



# Types of Bystanders

## ▶ Passive Bystanders

- ▶ Those who choose to do nothing.



From "Strange Planet" by Nathan Pyle



# Types of Bystanders

## ▶ Green Dot Bystanders

- ▶ Individuals who do something to decrease the likelihood that violence will occur or the situation will get worse
- ▶ “Upstanders” or Active Bystanders



# Bystander Responsibility

Jeff has been asked to be on stand-by to provide rides home from a party to any of his friends who might ask. Late into the evening, his friend Mike calls and asks for him to pick him up. When he shows up, Mike gets into the car with a woman that Jeff has never seen. Mike instructs him to take them both back to his apartment, but the woman, who is clearly intoxicated, protests and tries to explain that Mike had promised to get her back to her own apartment. Jeff initially hesitates, but when Mike prompts him again, Jeff makes the choice to take both Mike and the woman back to Mike's apartment and drop them off. The next day, Jeff finds out that woman has reported Mike for sexual assault.



## Do you think Jeff, the bystander who took an active role in assisting Mike, shares any responsibility for the assault?

- ▶ Yes, Jeff is more responsible for the assault as Mike
- ▶ Yes, Jeff is equally responsible for the assault as Mike
- ▶ Yes, Jeff holds some responsibility for the assault (but not as much as Mike)
- ▶ No, Jeff has no responsibility for the assault

# Bystander Responsibility

If someone knows violence is happening in their community and knows they can do something to stop it but never does, do you think that person has any responsibility for the harm that comes to individuals in their community?

1. Yes, they have as much responsibility as the people committing the violence
2. They are responsible but less responsible than the people committing the violence
3. They have no responsibility for the violence





# Power Based Personal Violence

- ▶ Domestic Violence
- ▶ Intimate Partner Violence
- ▶ Sexual Violence
- ▶ Stalking
- ▶ Teen Dating Violence
- ▶ Child Abuse



# Domestic Violence

- ▶ Abusive behavior one person in relationship uses to control another. It can be verbal, physical, sexual, financial, or emotional/psychological.



# Teen Dating Violence

- ▶ Abusive behavior from a teen in a relationship used to control their dating partner. It can be verbal, physical, sexual, financial, or emotional/psychological. This is the same as domestic violence but this term used specifically to identify the seriousness of domestic violence experienced by youth.



# Sexual Assault

- ▶ Any type of sexual contact, touching or behavior that happens without the explicit consent of the victim.



# Child Abuse

- ▶ When a parent, caregiver, or any adult does something that results in the physical, emotional, or sexual harm of a child.



Have you ever been in a situation, even if it wasn't violence related, where you thought you should probably do something but chose not to?



Have you ever been in a situation, even if it wasn't violence related, when you needed a bystander to help, but they didn't?



We all have  
barriers!





# Barriers to Intervening

- ▶ A barrier is something that keeps us from acting, even when we think we should do something.



# Types of barriers:

- ▶ Personal Barriers
- ▶ Relationship Barriers
- ▶ General Barriers



# Personal Barriers

- ▶ Shy
- ▶ Uncertain
- ▶ Don't want to be embarrassed
- ▶ Not sure if the situation is high risk



# Relationship Barriers

- ▶ Don't want friends to be upset
- ▶ Don't want to be a snitch
- ▶ Don't want to break unwritten code
- ▶ Peer pressure
- ▶ Family silence



# General Barriers

- ▶ Lots of people around
- ▶ Fear of making a scene
- ▶ No one else is concerned



**Take a moment to  
think about your  
barriers**



# Which barrier impacts you the most?

- A. Someone else will do something so I don't have to.
- B. I don't want to be embarrassed.
- C. No one else is doing anything.
- D. I'm afraid of retaliation (do not want the violence to turn on me).
- E. My friends or family would give me a hard time if I got involved.
- F. I am shy / I avoid conflict.
- G. It is not my concern.



# The 3 D's





# The 3 D's

- ▶ Direct
- ▶ Delegate
- ▶ Distract



# Direct

- ▶ Directly interacting with the people involved in the situation and addressing that you are concerned.
- ▶ Can be as simple as, “Hey, are you okay?” or “That’s not cool.”



# Delegate

- ▶ Bringing in someone else better suited to handle the situation
- ▶ You may be uncomfortable to say something yourself, delegate to someone else such as a friend, manager, or the police.



# Distract

- ▶ Divert the attention of the people involved in the situation.
- ▶ Sometimes all a situation needs to diffuse is a diversion, you do not have to directly acknowledge that a tense situation was even happening.



# Green Dot Scenarios



# SAFETY NOTE!

- ▶ We want you to always think about your safety first!



# Green Dot Scenarios

- ▶ You are at a party and you see a woman who is obviously intoxicated being pulled up the stairs to an empty room. Given your barriers, what are you most likely to do?
1. **Distract:** Go up to them and say you are feeling sick and you need the woman to help you in the bathroom.
  2. **Direct:** Go up to the guy and ask him what he is doing.
  3. **Direct:** Go up to the woman and tell her you want to talk to her in private.
  4. **Delegate:** Tell the woman's friend and suggest that she go get her.



# Green Dot Scenarios

▶ You are coming out of a work meeting at night and you see your colleague's ex hanging around waiting for him. She's been showing up wherever he is despite his asking her to stop. Given your barriers, what are you most likely to do?

1. Direct: Approach her and ask what is going on?
2. Direct: Tell him you are concerned and ask if he wants to talk to someone.
3. Delegate: Tell your supervisor what is going on and ask them to talk to the woman.
4. Delegate: Talk to some of her friends about confronting her behavior.





# Proactive Green Dots



# Proactive Green Dots

When we do proactive green dots, we are attempting to reset community norms:

1. Violence is not ok and will not be tolerated.
2. Everyone needs to do their part to help.



The only way a community can change is if enough people get involved.

The only way less people will get hurt is if we get enough people in our lives to add their own Green Dots to the map.



A **Reactive Green Dot** is a choice to stop a **Red Dot** as it happens.



# Proactive Green Dots...



**Choice to stop red dots  
before they happen.**



If a new person joined my group of friends / my workplace / my church / my club / etc. -

How would that person know that violence is not okay with me and that they are expected to help keep our community safe?



There are lots of different ways we let people know what is important to us and what the norms of our community are.

- ▶ What we say
- ▶ Our body language
- ▶ Our facial expressions
- ▶ How we react to someone else's behaviors



# Proactive Green Dots

## Community Norms





- Wear a pin from a local agency that focuses on this issue and tell people what it means
- Post a link on social media to a bystander video or story
- Ask your boss, community organization leader, or faith leader to bring a bystander intervention training to your group
- Have a conversation with a loved one about why this issue is important
- Talk to your loved ones about how they can contribute to proactive behaviors to change the community norms



# Hope



"Hope begins in the dark,  
the stubborn hope  
that if you just show up  
and try to do the right thing,  
the dawn will come."

- Anne Lamott

THE HEALTH SESSIONS

# Contact Info

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