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### Bystander Initiative Workshop

This workshop was awesome. So informative and the presenters did such an amazing job at facilitating an engaging, thoughtful and safe space to discuss Bystander Initiative with regards to sexual violence/abuse.

They described how to be a "prosocial bystander": recognize a situation, actively ask or give directions (ex. Call 911), be an active role model, and there is strength in numbers. They also have an acronym for their program at the University of Windsor called; C.A.P.E.S, creative, active, passive, engage, safety/support. This is a fun little acronym to help those in a bystander position to think through what they can do to help. Something else we discussed was this notion of what can be done before, during, and after an incident. This was a great opportunity to discuss with fellow learners what some of their suggestions for actions were. We also discussed an acronym for consent, which I thought was cute; F.R.I.E.S. Freely given, reversible, informed, enthusiastic/engaged, and specific. We discussed this notion of a sexual violence continuum, and how there are two aspects with high levels of harm and low levels of harm. The two aspects were recognition, and frequency. The idea of high levels and low levels of harm, became a discussion about subjectivity, and how an outsider can judge someone's traumatic experience as high or low. For someone being punched in the face could be devastating, where for another that may not even phase them. Same goes for the example of a parent going out one night and not coming back; that could be extremely traumatic for one person, and on the low end for another.

A few things I learned from this workshop was that approximately 80% of victims/survivors (depending on what each individual prefers) is sexually abused/assaulted/coerced by someone who is not a stranger to them. It is typically a person they know and trust. I also didn't know that the reaction of the first person a victim/survivor tells of their trauma, will decide how they deal with it.