

It's Not Easy Being Green



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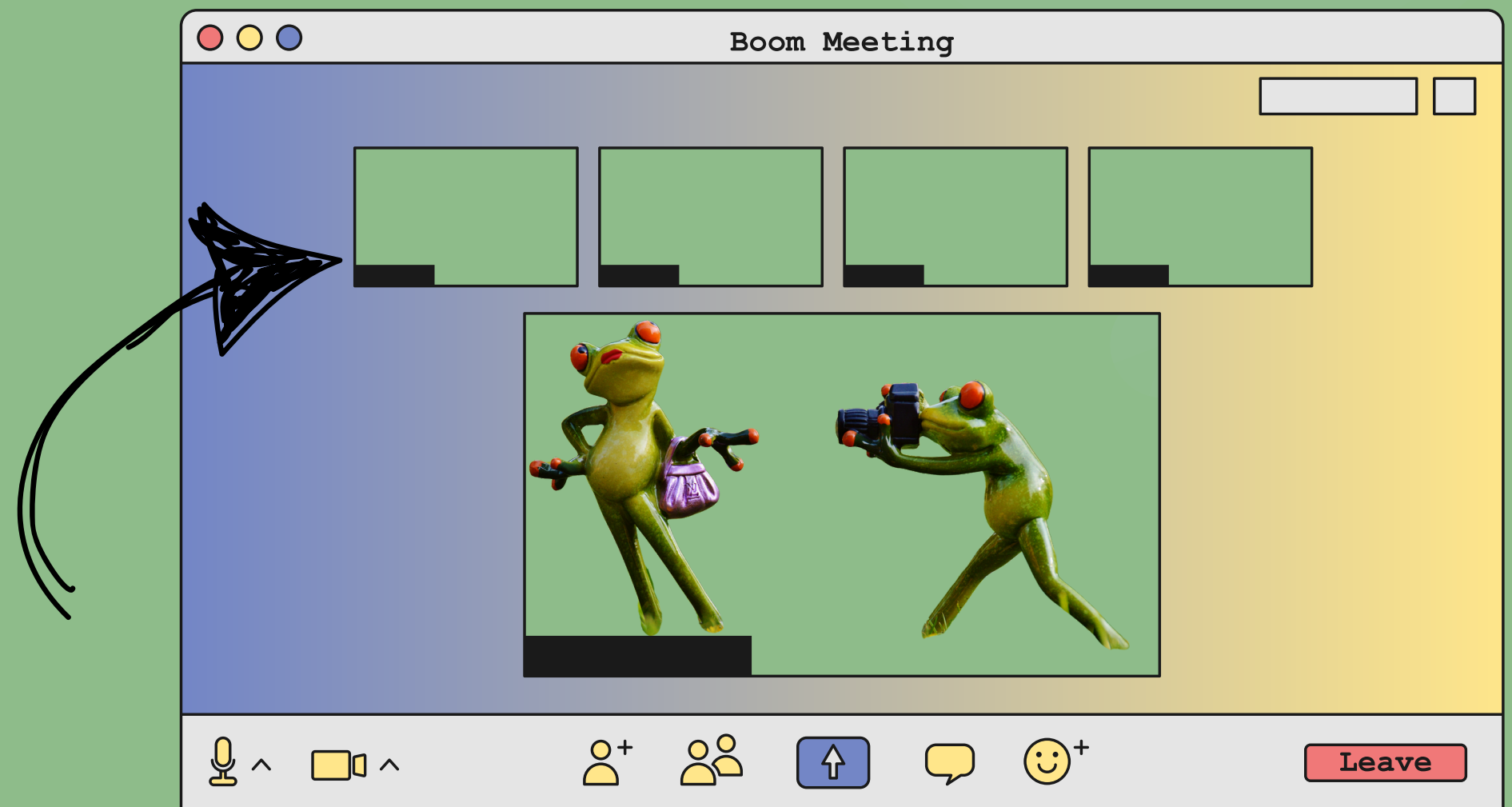
Learning Objectives

1. Participants will be able to distinguish between at least one harmful and one positive/bystander behavior.
2. Participants will learn at least one intervention strategy using an evidenced based approach.
3. Participants be able to recognize and identify how to overcome at least one barrier to intervention .



Introductions

- Cameras on please
- Display name and your preferred pronouns on the screen
- Share where you are (in the Chat)



Community Agreements

- Sharing to your comfort level
- Respecting others' perspectives
- Listening actively
- Speaking only for oneself
- Assuming the best intent
- Additions...



What is Green Dot?

Green Dot is a bystander intervention program designed to reduce power-based personal violence (such as bullying, sexual assault, dating violence, and stalking) by training individuals to recognize and respond to potentially harmful situations. It focuses on changing culture through proactive and reactive interventions.



Why are you here today?



Express yourself/ share your intention in the chat or come off mute.

Green and Red Dots!!!

What is a Red Dot?

A red dot is a single choice someone makes to use their words or actions to hurt someone else

What is a Green Dot?

A reactive green dot is a single choice someone makes to use their words or actions to make it less likely that a red dot will occur

- Define Green Dot & Red Dot?
- How does culture influence our response to violence?

Safe bystander intervention!

- What are some signs that a situation might escalate into violence?
- Have you ever seen a Red Dot in action?
- Green Dot in action?



Intervention Strategies: 3D Approach

Direct:

Intervening in the situation, either by confronting the person causing harm or checking in on someone who may be at risk.

Distract:

Creating a diversion to disrupt the problematic situation or to separate individuals involved.

Delegate:

Asking someone else to intervene, whether it's a friend, a trusted authority figure, or a professional resource.



Brainstorm questionable interactions?



Possible Scenario



You see a person who has consumed a high volume of alcohol.

You see the person get up to leave and they are clearly struggling.

A person who has been watching them attempts to walk them out, but the person clearly expresses not knowing them.



Practice intervention strategies-remember the 3 D's!

You see a person yelling at another person.

You are concerned that it will escalate into violence.

What is a response (suitable to your comfort level)?



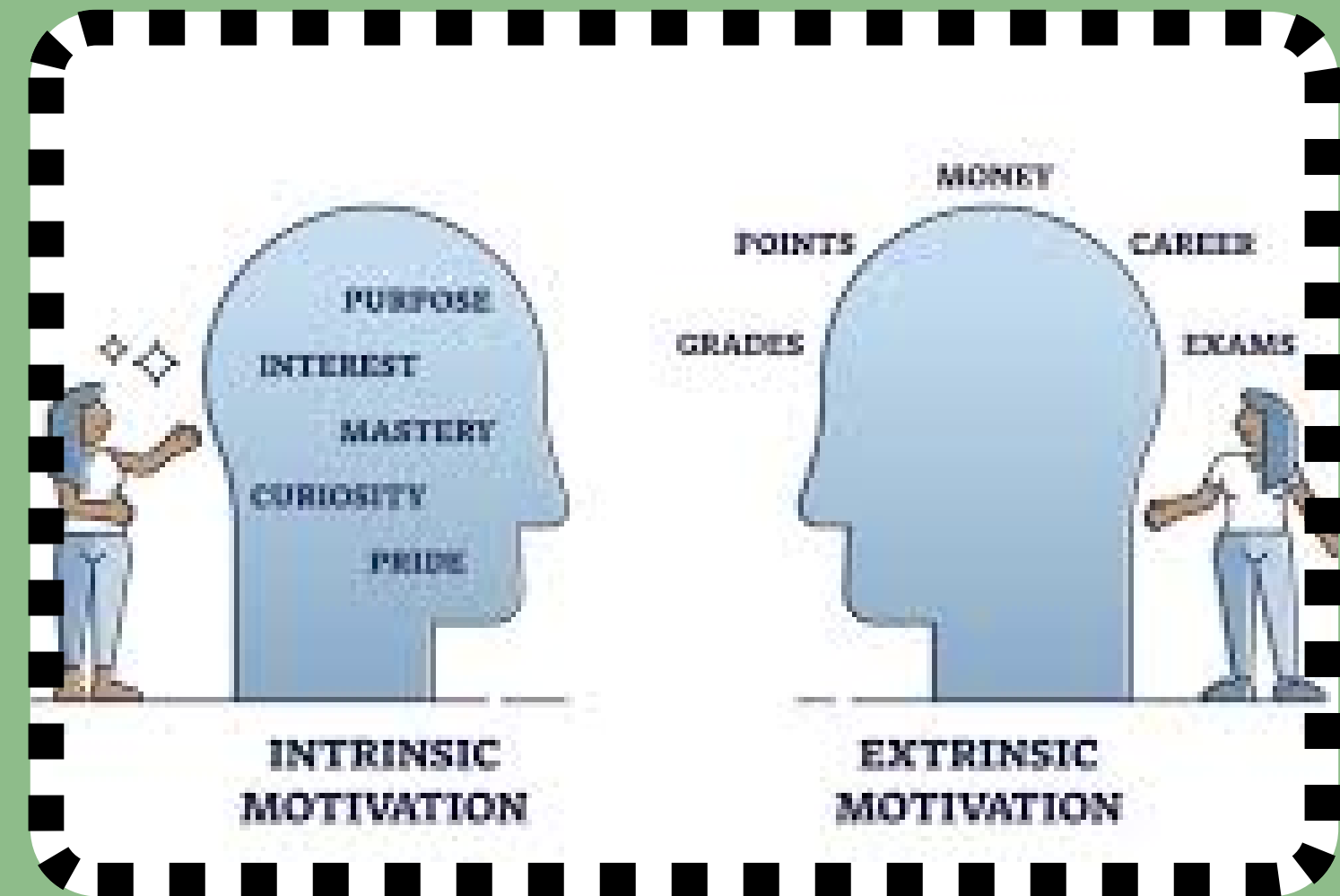
Reflection



1. What was your motivation to either act or not act?
2. What feelings were present during the moment?
3. Reflecting now, how do you feel about the situation and your response?

Intrinsic Motivation: Key Components

- Sense of Meaning
- Sense of Ownership
- Sense of Competence
- Sense of Progress
- Connection with People



Intrinsic Motivation: Personal Values & Personal Commitments



Intrinsic Motivation: Characteristics

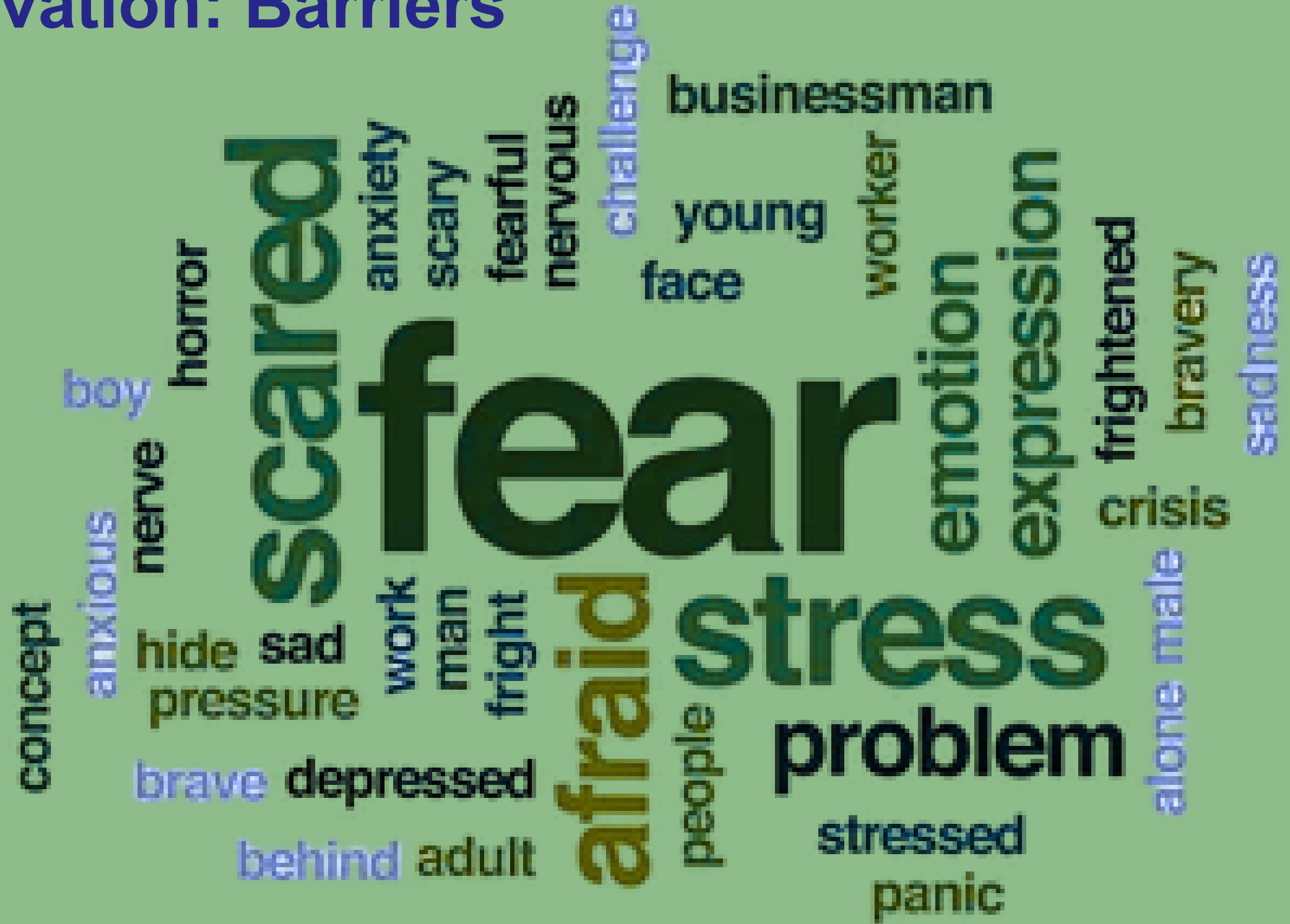
INTRINSIC MOTIVATION

Characteristics of Intrinsic Motivation



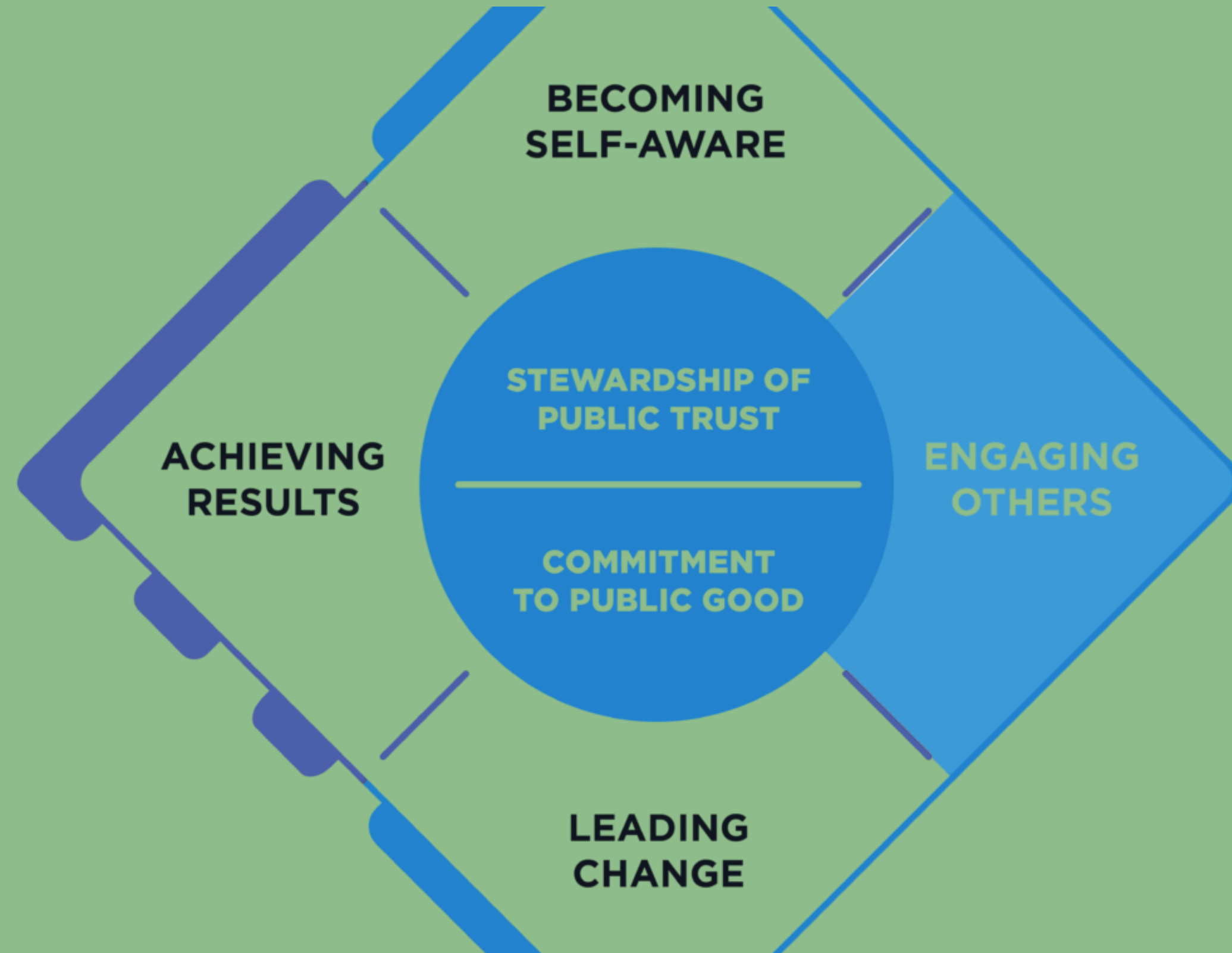
Source: conversationagent.com

Intrinsic Motivation: Barriers



What keeps people from feeling included in violence prevention?

Intrinsic Motivation: Engaging Others



Conclusion

It's not easy being green

Discussion and questions?

Altruistic: <https://alteristic.org/green-dot/>

Questions and Contact Information



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