



Kindling
TRANSFORMATIVE
INTERVENTIONS

UNIVERSITY OF
EXETER | LAW
SCHOOL

Bystander Domestic Abuse Training - Tackling Domestic Abuse Through Bystander Intervention

The Problem - The National Crime Survey (March 2020) estimated that 2.4 million adults experience domestic abuse every year.

Domestic abuse can be devastating and have a lifelong impact for individuals, families and communities

What is Bystander Intervention? - We are all bystanders, who witness events unfolding around us. Sometimes we recognise events as being challenging. When this happens, we decide to do or say something and become an active bystander (either in the moment or at a later stage) or to simply let it go and remain a passive bystander.

Effective bystander interventions empower people to move through these stages of change, and safely intervene (either at the time or later) to challenge harmful attitudes, language or behaviour that supports violence and abuse.

ABC Model - ABC was designed by academics at the University of Exeter for community members to learn more about domestic abuse, and how they can help combat it by learning skills to intervene as an active bystander.

Active Bystander Communities works with participants in a positive and empowering way to think about scenarios and helpful behaviours which could help make a difference and make the community safer for everyone.

Bystander training will enable you to do the following:

- notice and be aware of the event
- see the event or behaviour as a problem
- feel responsible and motivated to act
- have the necessary skills to be able to intervene safely and effectively

Commitment – You will be required to attend 3 separate sessions, which will each be 2 hours long.