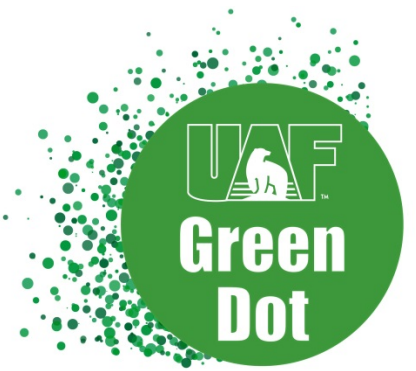


What is UAF Green Dot?

The Green Dot strategy is a violence prevention program based on empowering bystanders. When people attend our bystander trainings, they learn to recognize potentially harmful situations and how to safely intervene. A **green dot** is the single choice to use your words or actions to prevent someone from being harmed.



A red dot is the choice to use words or actions to harm another person. A **red dot** is a fight between dating partners, the moment a student can't go to class because their stalker is waiting outside the building, the decision to have sex with someone without their consent. No one knows how many red dots happen at UAF but we can all agree there are too many.

A green dot is the choice to use words or actions to prevent someone from being harmed. A **green dot** could be creating a plan with friends before going out, checking in with a friend who's in a new relationship, calling dispatch when you hear your neighbors arguing, walking home with a friend, or recommending resources to someone in need.

When the green dots start to outnumber the red dots, rates of violence will finally decrease.

We have all been in a situation where we knew something was wrong, but didn't know how to help. We all have barriers, which are personal or situational reasons for not getting involved. We often think the only successful intervention is a direct one like, "Hey knock it off!", "That's not ok!" or even breaking up a fight, however Green Dot offers three options for safely getting involved in a red dot situation:



Check in
"Is everything ok here?"
Walk home with a friend
"I'm going to call the police if..."
"I heard you guys fighting last night, is there anything I can do to help?"
"Is that person bothering you?"
Offer a resource

DIRECT

Call 911
Engage allies
Talk the bartender
Ask your friends for help
"Your friend looks uncomfortable, I think you should check in."
Call campus dispatch
Inform an RA

DELEGATE

Tell a joke
Change the subject
Ask for directions or the time
"Can you walk me home now?"
"Have you guys seen the latest cat video? I'll show you."
"The cops are here!"
Spill a drink

DISTRACT