



## Empowering Change: Mastering the Art of Active Bystander Intervention

4 external CPD points

### Introduction

Active bystandership refers to the act of noticing a situation where someone's behaviour is inappropriate, harmful, or threatening and choosing to intervene in a way that could positively alter the outcome. Unlike passive bystanders, who witness events but remain uninvolved, active bystanders take responsibility for their role in fostering a safe and respectful environment. Addressing the bystander effect requires a multifaceted approach, combining education, practical training, and cultural change. By understanding the psychological mechanisms at play and actively working to counteract them, we can encourage more people to step up as active bystanders, ultimately creating safer and more supportive communities and environments.

This new programme is suitable for all clinicians and has been designed to equip delegates with the skills to safely speak up and empower them to challenge poor behaviours, defining professional boundaries, and bringing about long term change. Delegates will explore practical tools and strategies to use in the moment, in an environment where personal safety is paramount whilst helping the target of inappropriate behaviour.

### Course Structure

- 4 hour live webinar

### Course Objectives

- **Understanding Bystander Effect:** Recognising the psychological barriers that prevent intervention
- **Awareness of Inappropriate Behaviours:** Identifying what constitutes inappropriate or threatening behaviour in various contexts
- **Building Confidence to Act:** Equipping participants with strategies and skills to intervene safely and effectively
- **Promoting a Supportive Culture:** Encouraging a community ethos where active bystander behaviour is the norm

To book or enquire about this programme please contact us:

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