

Evidence-Based Measures of Bystander  
Action to Prevent Sexual Abuse and Intimate Partner Abuse:  
Resources for Practitioners

Prevention Innovations Research Center  
University of New Hampshire  
202 Huddleston Hall  
73 Main Street  
Durham, NH 03824

<http://cola.unh.edu/prevention-innovations-research-center>

August 2015

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)



**University of  
New Hampshire**

## Purpose

This document is a compendium of how we have used the measures of bystander attitudes and behaviors that we have developed here at Prevention Innovations Research Center. Some of the versions of the measures have been researched more thoroughly in terms of psychometric properties than others. Please see the citations provided for articles that describe the versions of our measures that have been published. Here we simply provide a list of items that we have tried to use in different iterations of our work. We hope that it will help other researchers move the complex task of measuring bystander intervention forward.

## Citations

Banyard, V. L., Moynihan, M. M., Cares, A. C., & Warner, R. A. (2014). How do we know if it works? Defining measurable outcomes in bystander-focused violence prevention. *Psychology of Violence* 4, 101-115.

Cares, A. C., Banyard, V. L., Moynihan, M. M., Williams, L. M., Potter, S. J., & Stapleton, J. G. (in press). Changing attitudes about being a bystander to violence: Translating an in-person sexual violence prevention program to a new campus. *Violence Against Women*.

Moynihan, M. M., Banyard, V. L., Cares, A. C., Williams, L. M., Potter, S. J., & Stapleton, J. G. (2014). Encouraging responses in sexual and relationship violence prevention: What program effects remain one year later? *Journal of Interpersonal Violence*. Advance online publication.

Please also see the following for psychometric analyses of earlier versions of the measures:

Banyard, V. L. (2008). Measurement and correlates of pro-social bystander behavior: The case of interpersonal violence. *Violence and Victims*, 23, 83-97.

For subscales and shorter versions of the Intent to Help Scale, Readiness to Help, and Bystander Behavior Measures, please see Banyard, Moynihan, Cares, and Warner (2014).

### For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



**For more information, contact:**

[prevention.innovations@unh.edu](mailto:prevention.innovations@unh.edu) | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)



© 2015 University of New Hampshire. All Rights Reserved.

## INTENT TO HELP SCALE

Strangers are people you may even recognize by sight but have not met before and are people you have not really ever had any formal contact with before.

Sexual abuse refers to a range of behaviors that are unwanted by the recipient and include remarks about physical appearance, persistent sexual advances that are undesired by the recipient, as well as unwanted touching and unwanted oral, anal, or vaginal penetration. These behaviors could be initiated by someone known or unknown to the recipient, including someone they are in a relationship with.

Intimate partner abuse refers to a range of behaviors experienced in the context of any type of intimate relationship or friendship. These behaviors include use of physical force or threats of force against a partner including slapping, punching, throwing objects, threatening with weapons or threatening any kind of physical harm. It can also include extreme emotional abuse such as intimidation, blaming, putting down, making fun of, and name calling.

Please read the following list of behaviors and check how likely YOU ARE to engage in these behaviors using the following scale:

	1		2		3		4		5
	<b>Not at all likely</b>							<b>Extremely likely</b>	
1. I have developed a specific plan for ways I might safely intervene as a bystander if I see sexual abuse or intimate partner abuse happening around me.	1	2	3	4	5				
2. I try to get others to help me before trying to do something about sexual abuse or intimate partner abuse that I see going on.	1	2	3	4	5				
3. I think through the pros and cons of different ways I might help if I see an instance of sexual abuse or intimate partner abuse.	1	2	3	4	5				
4. I get advice from others about how to help someone who has experienced sexual abuse or intimate partner abuse.	1	2	3	4	5				
5. I get further training in skills to confront and prevent sexual abuse and/or intimate partner abuse.	1	2	3	4	5				
6. I refuse to remain silent about instances of sexual abuse and/or intimate partner abuse I know about.	1	2	3	4	5				
7. I speak up if I hear someone say “she deserved to be raped.”	1	2	3	4	5				
8. If I hear what sounds like yelling and fighting through my dorm or apartment walls I knock on the door to see if everything is okay.	1	2	3	4	5				
9. I encourage others to learn more and get involved in preventing sexual or intimate partner abuse.	1	2	3	4	5				
10. I educate myself about sexual abuse or intimate partner abuse and what	1	2	3	4	5				

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)



- | I can do about it.   | 1 | 2 | 3 | 4 | 5 |
|--|---|---|---|---|---|
| 11. I ask for verbal consent when I am intimate with my partner, even if we are in a long-term relationship.   | 1 | 2 | 3 | 4 | 5 |
| 12. I stop sexual activity when asked to, even if I am already sexually aroused.   | 1 | 2 | 3 | 4 | 5 |
| 13. I make sure I leave a party with the same people I came with.  | 1 | 2 | 3 | 4 | 5 |
| 14. I talk with people I know about going to parties together and staying together and leaving together.   | 1 | 2 | 3 | 4 | 5 |
| 15. I talk with people I know about watching each others' drinks.  | 1 | 2 | 3 | 4 | 5 |
| 16. I talk with people I know about sexual abuse and intimate partner abuse as issues for our community.   | 1 | 2 | 3 | 4 | 5 |
| 17. I express concern to someone I know if I see their partner exhibiting very jealous behavior and trying to control my friend.   | 1 | 2 | 3 | 4 | 5 |
| 18. If someone I know has had too much to drink, I ask them if they need to be walked home from the party.   | 1 | 2 | 3 | 4 | 5 |
| 19. I tell someone I know if I think their drink may have been spiked.   | 1 | 2 | 3 | 4 | 5 |
| 20. I talk with people I know about what makes a relationship abusive and what the warning signs might be.   | 1 | 2 | 3 | 4 | 5 |
| 21. If the partner of someone I know is shoving or yelling at them, I ask the person being shoved or yelled at if they need help.  | 1 | 2 | 3 | 4 | 5 |
| 22. I see a man talking to a female I know. He is sitting very close to her and by the look on her face I can see she is uncomfortable. I ask her if she is okay or try to start a conversation with her.          | 1 | 2 | 3 | 4 | 5 |
| 23. I see someone I know and their partner. They are in a heated argument. The partner has their fist clenched around the arm of the person I know and the person I know looks upset. I ask if everything is okay. | 1 | 2 | 3 | 4 | 5 |
| 24. I express concern to someone I know who has unexplained bruises that may be signs of abuse in their relationship   | 1 | 2 | 3 | 4 | 5 |
| 25. I stop and check in with someone I know who looks very intoxicated when they are being taken upstairs at a party.  | 1 | 2 | 3 | 4 | 5 |
| 26. If someone I know said that they had an unwanted sexual experience but they don't call it "rape" I express concern or offer to help.   | 1 | 2 | 3 | 4 | 5 |
| 27. I ask someone I know who seems upset if they are okay or need help.  | 1 | 2 | 3 | 4 | 5 |
| 28. I approach someone I know if I thought they were in an abusive relationship and let them know that I'm here to help.   | 1 | 2 | 3 | 4 | 5 |
| 29. I let someone I know who I suspect has been sexually assaulted know that I am here to help.  | 1 | 2 | 3 | 4 | 5 |
| 30. I share information or resources about sexual assault and/or intimate partner abuse with someone I know.   | 1 | 2 | 3 | 4 | 5 |
| 31. I support someone I know who wants to report sexual abuse or intimate  |   |   |   |   |   |

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



- partner abuse that happened to them even if others might get in trouble. 1 2 3 4 5
32. I confront people I know who make excuses for abusive behavior by others. 1 2 3 4 5
33. I express disagreement with someone I know who says using physical force in a relationship is okay. 1 2 3 4 5
34. I express disagreement with someone I know who says forcing someone to have sex with you okay. 1 2 3 4 5
35. I express disagreement with someone I know who says having sex with someone who is passed out or very intoxicated is okay. 1 2 3 4 5
36. I indicate my displeasure when I hear sexist, racist, homophobic jokes or catcalls made by someone I know. 1 2 3 4 5
37. I say something to someone I know if I saw them grabbing or pushing their partner. 1 2 3 4 5
38. If I hear someone I know insulting their partner I would say something to them. 1 2 3 4 5
39. If I see someone I know taking an intoxicated person back to their room I say something to them. 1 2 3 4 5
40. If I hear someone I know talking about forcing someone to have sex with them, I speak up against it and express concern for the person who was forced. 1 2 3 4 5
41. If I hear someone I know talking about using physical force with their partner, I speak up against it and express concern for their partner. 1 2 3 4 5
42. I refuse to remain silent if someone I know asks me to keep quiet about instances of sexual abuse or intimate partner abuse I know about. 1 2 3 4 5
43. I walk someone I know home from a party who has had too much to drink. 1 2 3 4 5
44. I watch the drinks of people I know at parties. 1 2 3 4 5
45. I make sure people I know leave the party with the same people they came with. 1 2 3 4 5
46. I go with someone I know to talk with someone (e.g., police, counselor, crisis center, resident assistant) about sexual abuse or physical abuse in their relationship. 1 2 3 4 5
47. I call 911 if someone needs help because they are being hurt sexually or physically. 1 2 3 4 5
48. I talk to people I know to make sure we don't leave an intoxicated friend behind at a party. 1 2 3 4 5
49. I enlist the help of others if an intoxicated person I know is being taken upstairs at a party. 1 2 3 4 5
50. I call 911 or get help if I hear someone I know calling for help. 1 2 3 4 5
51. I call crisis center or talk to a resident counselor to get information to help someone I know who told me they experienced sexual or intimate partner abuse. 1 2 3 4 5
52. If I hear that someone I know has been accused of sexual or intimate partner abuse, I speak up about any information I have. 1 2 3 4 5

**THE FOLLOWING QUESTIONS PERTAIN TO PEOPLE YOU DON'T KNOW**

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center





1. I accompany someone I don't know who has been a victim of sexual or intimate partner abuse to the local crisis center or hospital. 1 2 3 4 5
2. I talk with people I don't know about going to parties together and staying together and leaving together. 1 2 3 4 5
3. I talk with people I don't know about watching each others' drinks. 1 2 3 4 5
4. I talk with people I don't know about sexual abuse and intimate partner abuse as issues for our community. 1 2 3 4 5
5. I express concern to someone I don't know if I see their partner exhibiting very jealous behavior and trying to control them. 1 2 3 4 5
6. If someone I don't know has had too much to drink, I ask them if they need one of their friends to walk them home from the party. 1 2 3 4 5
7. I tell someone I don't know if I think their drink may have been spiked with a drug. 1 2 3 4 5
8. I talk with people I don't know about what makes a relationship abusive and what the warning signs might be. 1 2 3 4 5
9. If someone I don't know is being shoved or yelled at by their partner I ask if they need help. 1 2 3 4 5
10. I see a guy talking to a female I don't know. He is sitting very close to her and by the look on her face, I can see she is uncomfortable. I ask her if she is ok or try to start a conversation with her. 1 2 3 4 5
11. I see someone I don't know and their partner. They are in a heated argument. The partner has their fist clenched around the arm of the person I don't know and the person I don't know looks upset. I ask if everything is okay. 1 2 3 4 5
12. I express concern to someone I don't know who has unexplained bruises that may be signs of abuse in their relationship. 1 2 3 4 5
13. I stop and check in on someone I don't know who looks very intoxicated when they are being taken upstairs at a party. 1 2 3 4 5
14. If someone I don't know said that they had an unwanted sexual experience but they don't call it "rape" I express concern or offer to help. 1 2 3 4 5
15. I ask someone I don't know who seems upset if they are okay or need help. 1 2 3 4 5
16. I approach someone I don't know if I thought they were in an abusive relationship and let them know that I'm here to help. 1 2 3 4 5
17. I let someone I don't know who I suspect has been sexually assaulted know that I am available for help and support. 1 2 3 4 5
18. I share information or resources about sexual assault and or intimate partner abuse with someone I don't know. 1 2 3 4 5
19. I support someone I don't know who wants to report sexual abuse or intimate partner abuse that happened to them even if others might get in trouble. 1 2 3 4 5

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



20. If I saw someone I don't know taking a very intoxicated person up the stairs to a bedroom, I would say something and ask what they are doing. 1 2 3 4 5
21. I confront people I don't know who make excuses for abusive behavior by others. 1 2 3 4 5
22. I express disagreement with someone I don't know who says using physical force in a relationship is okay. 1 2 3 4 5
23. I express disagreement with someone I don't know who says forcing someone to have sex with you is okay. 1 2 3 4 5
24. I express disagreement with someone I don't know who says having sex with someone who is passed out or very intoxicated is okay. 1 2 3 4 5
25. I indicate my displeasure when I hear sexist, racist, homophobic jokes or catcalls made by someone I don't know. 1 2 3 4 5
26. If I see someone I don't know grabbing, or pushing their partner I would say something to them. 1 2 3 4 5
27. If I heard someone I don't know insulting their partner I would say something to them. 1 2 3 4 5
28. If I saw someone I don't know taking an intoxicated person back to their room I would say something to them. 1 2 3 4 5
29. If I see someone I don't know talking about forcing someone to have sex with them I speak up against it and express concern for the person who was forced. 1 2 3 4 5
30. If I hear someone I don't know talking about using physical force with their partner, I speak up against it and express concern for their partner. 1 2 3 4 5
31. I refuse to remain silent if someone I don't know asks me to keep quiet about instances of sexual abuse or intimate partner abuse I know about. 1 2 3 4 5
32. I walk someone I don't know home from a party who has had too much to drink. 1 2 3 4 5
33. I watch the drinks of people I don't know at parties. 1 2 3 4 5
34. I make sure people I don't know leave the party with the same people they came with. 1 2 3 4 5
35. I go with someone I don't know to talk with someone (e.g. police, counselor, crisis center, resident advisor) about an unwanted sexual experience or intimate partner abuse in their relationship. 1 2 3 4 5
36. I call 911 if someone needs help because they are being hurt sexually or physically. 1 2 3 4 5
37. I talk to people I don't know to make sure we don't leave an intoxicated friend behind at a party. 1 2 3 4 5
38. I enlist the help of others if an intoxicated person I don't know is being taken upstairs at a party. 1 2 3 4 5
39. I call 911 or get help if I hear someone I don't know calling for help. 1 2 3 4 5
40. I call a crisis center or talk to an RA or counselor for help if someone I don't know told me they experienced sexual or intimate partner abuse. 1 2 3 4 5

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)





41. If I hear that someone I don't know has been accused of sexual or intimate partner abuse, I speak up about any information I may have. 1 2 3 4 5
42. I accompany someone I don't know to the local crisis center or hospital. 1 2 3 4 5

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



## READINESS TO HELP<sup>1</sup>

For the next set of questions, please keep in mind the following definitions:

Sexual abuse refers to a range of behaviors that are unwanted by the recipient and include remarks about physical appearance, persistent sexual advances that are undesired by the recipient, as well as unwanted touching and unwanted oral, anal, or vaginal penetration. These behaviors could be initiated by someone known or unknown to the recipient, including someone they are in a relationship with.

Intimate partner abuse refers to a range of behaviors experienced in the context of any type of intimate relationship or friendship. These behaviors include use of physical force or threats of force against a partner including slapping, punching, throwing objects, threatening with weapons or threatening any kind of physical harm. It can also include extreme emotional abuse such as intimidation, blaming, putting down, making fun of, and name calling.

Stalking refers to a range of behaviors that are unwanted by the recipient and that cause fear including repeatedly (two or more times) maintaining unwanted visual or physical proximity to a person, repeatedly conveying oral or written threats, or other activities that are intended to make someone afraid. Examples of stalking include unwelcome communication, including face-to-face, telephone, voice message, electronic mail, written letter, and/or contact; unwelcome gifts or flowers, etc.; threatening or obscene gestures and/or pursuing or following; surveillance; trespassing; or vandalism.

Please read each of the following statements and indicate how true each is of you using the following scale.

	1	2	3	4	5
	Strongly disagree				Strongly agree
	Not at all true				Very much true
1. I don't think sexual abuse is a problem on this campus.					1 2 3 4 5
2. I don't think intimate partner abuse is a problem on campus.					1 2 3 4 5
3. I don't think stalking is a problem on campus.					1 2 3 4 5
4. I don't think there is much I can do about sexual abuse on campus.					1 2 3 4 5
5. I don't think there is much I can do about intimate partner abuse on campus.					1 2 3 4 5
6. I don't think there is much I can do about stalking on campus.					1 2 3 4 5
7. There isn't much need for me to think about sexual abuse on campus.					1 2 3 4 5

<sup>1</sup> Please note that earlier versions of this scale were called "Readiness to Change" but in 2014 we changed the name of the scale to more accurately represent the construct it measures. Please also note that some researchers have chosen to use only one type of violence in the scale, for example, only asking questions about sexual abuse.

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 8. There isn't much need for me to think about intimate partner abuse on campus.         | 1 | 2 | 3 | 4 | 5 |
| 9. There isn't much need for me to think about stalking on campus.                       | 1 | 2 | 3 | 4 | 5 |
| 10. Doing something about sexual abuse is solely the job of the crisis center.           | 1 | 2 | 3 | 4 | 5 |
| 11. Doing something about intimate partner abuse is solely the job of the crisis center. | 1 | 2 | 3 | 4 | 5 |
| 12. Doing something about stalking is solely the job of the crisis center.               | 1 | 2 | 3 | 4 | 5 |
| 13. Sometimes I think I should learn more about sexual abuse.                            | 1 | 2 | 3 | 4 | 5 |
| 14. Sometimes I think I should learn more about intimate partner abuse.                  | 1 | 2 | 3 | 4 | 5 |
| 15. Sometimes I think I should learn more about stalking.                                | 1 | 2 | 3 | 4 | 5 |
| 16. I have not yet done anything to learn more about intimate partner abuse.             | 1 | 2 | 3 | 4 | 5 |
| 17. I have not yet done anything to learn more about sexual abuse.                       | 1 | 2 | 3 | 4 | 5 |
| 18. I have not yet done anything to learn more about stalking.                           | 1 | 2 | 3 | 4 | 5 |
| 19. I think I can do something about sexual abuse.                                       | 1 | 2 | 3 | 4 | 5 |
| 20. I think I can do something about intimate partner abuse.                             | 1 | 2 | 3 | 4 | 5 |
| 21. I think I can do something about stalking.   | 1 | 2 | 3 | 4 | 5 |
| 22. I am planning to learn more about the problem of sexual abuse on campus.             | 1 | 2 | 3 | 4 | 5 |
| 23. I am planning to learn more about the problem of intimate partner abuse on campus.   | 1 | 2 | 3 | 4 | 5 |
| 24. I am planning to learn more about the problem of stalking on campus.                 | 1 | 2 | 3 | 4 | 5 |

**NOTE: IF YOU ARE ADMINISTERING THE RTH SCALE ON A PRETEST, PRESENTING A PROGRAM, AND THEN ADMINISTERING A POSTTEST (2 OR MORE MONTHS LATER), YOU WILL WANT TO INCLUDE ON THE POSTTEST SOMETHING SIMILAR TO THE FOLLOWING STATEMENT:**

For the following statements (#25-36), **DO NOT INCLUDE** the program you attended as part of this research project.

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 25. I have recently attended a program about sexual abuse.  | 1 | 2 | 3 | 4 | 5 |
| 26. I have recently attended a program about intimate partner abuse.  | 1 | 2 | 3 | 4 | 5 |
| 27. I have recently attended a program about stalking.  | 1 | 2 | 3 | 4 | 5 |
| 28. I am actively involved in projects to deal with sexual abuse on campus.   | 1 | 2 | 3 | 4 | 5 |
| 29. I am actively involved in projects to deal with intimate partner abuse on campus.   | 1 | 2 | 3 | 4 | 5 |
| 30. I am actively involved in projects to deal with stalking on campus.   | 1 | 2 | 3 | 4 | 5 |
| 31. I have recently taken part in activities or volunteered my time on projects focused on ending sexual abuse on campus.           | 1 | 2 | 3 | 4 | 5 |
| 32. I have recently taken part in activities or volunteered my time on projects focused on ending intimate partner abuse on campus. | 1 | 2 | 3 | 4 | 5 |
| 33. I have recently taken part in activities or volunteered my time on projects focused on ending stalking on campus.               | 1 | 2 | 3 | 4 | 5 |
| 34. I have been or am currently involved in ongoing efforts to end sexual abuse on campus.  | 1 | 2 | 3 | 4 | 5 |

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



**35. I have been or am currently involved in ongoing efforts to end intimate partner abuse on campus.**

**1 2 3 4 5**

**36. I have been or am currently involved in ongoing efforts to end stalking on campus.**

**1 2 3 4 5**

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



## BYSTANDER EFFICACY SCALE

Please read each of the following behaviors. Indicate in the column *Confidence* how confident you are that you could do them. Rate your degree of confidence by recording a whole number from 0 to 100 using the scale given below:

0	10	20	30	40	50	60	70	80	90	100
can't do	quite uncertain				moderately certain					very certain
										<i>Confidence</i>

		%
1.	Express discomfort/concern if someone makes a joke about a woman's body or about gays/lesbians or someone of a different race.	%
2.	Express my discomfort if someone says that rape victims are to blame for being raped.	%
3.	Call for help (i.e. call 911) if I hear someone in my dorm or apartment yelling "help."	%
4.	Talk to a friend who I suspect is in an abusive relationship.	%
5.	Get help and resources for a friend who tells me they have been raped.	%
6.	Able to ask a stranger who looks very upset at a party if they are ok or need help.	%
7.	Ask a friend if they need to be walked home from a party.	%
8.	Ask a stranger if they need to be walked home from a party.	%
9.	Speak up in class if a professor is providing misinformation about sexual assault.	%
10.	Criticize a friend who tells me that they had sex with someone who was passed out or who didn't give consent	%
11.	Do something to help a very drunk person who is being brought upstairs to a bedroom by a group of people at a party.	%
12.	Do something if I see a woman surrounded by a group of men at a party who looks very uncomfortable.	%

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



13.	<b>Get help if I hear of an abusive relationship in my dorm or apartment.</b>	<b>%</b>
14.	<b>Tell an RA or other campus or community authority about information I have that might help in a sexual assault case even if pressured by my peers to stay silent.</b>	<b>%</b>
15.	<b>Speak up to someone who is making excuses for forcing someone to have sex with them.</b>	<b>%</b>
16.	<b>Speak up to someone who is making excuses for having sex with someone who is unable to give full consent.</b>	<b>%</b>
17.	<b>Speak up to someone who is making excuses for using physical force in a relationship.</b>	<b>%</b>
18.	<b>Speak up to someone who is calling their partner names or swearing at them.</b>	<b>%</b>

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)





## BYSTANDER BEHAVIOR MEASURES

### VERSION I

Now please read the list below and circle Y (for yes) or N (for no) for all the items indicating behaviors you have actually engaged in IN THE LAST 2 MONTHS. Please note – you are asked to circle Y or N for each category of person who is the main person you are confronting or helping in the situation described: Friend and Stranger. Please go across the grid to mark Y or N for each type of person.

	<b>Friend</b>	<b>Stranger</b>
<b>1. I developed a specific plan for ways I might safely intervene as a bystander if I see sexual abuse or intimate partner abuse happening around me.</b>	Y N	Y N
<b>2. I tried to get others to help me before trying to do something about sexual abuse or intimate partner abuse that I saw going on.</b>	Y N	Y N
<b>3. I thought through the pros and cons of different ways I might help if I saw an instance of sexual abuse or intimate partner abuse.</b>	Y N	Y N
<b>4. I got advice from others about how to help someone who has experienced sexual abuse or intimate partner abuse.</b>	Y N	Y N
<b>5. I got further training in skills to confront and prevent sexual abuse and intimate partner abuse.</b>	Y N	Y N
<b>6. I refused to remain silent about instances of sexual abuse or intimate partner abuse I knew about.</b>	Y N	Y N
<b>7. I spoke up if I heard “she deserved to be raped.”</b>	Y N	Y N
<b>8. If I heard sounds of yelling and fighting coming from a _____’s dorm room or apartment walls I knocked on the door to see if everything was okay.</b>	Y N	Y N
<b>9. I encouraged others to learn more and get involved in preventing sexual or intimate partner abuse.</b>	Y N	Y N
<b>10. I educated myself about sexual abuse and/or intimate partner abuse and what I can do about it.</b>	Y N	Y N
<b>11. I made sure I left the party with the same people I came with.</b>	Y N	Y N
<b>12. I talked with a _____ about going to parties together and staying together and leaving together.</b>	Y N	Y N

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



<b>13. I talked with a _____ about sexual and/or intimate partner abuse as an issue for our community.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>14. I expressed concern to a _____ if I saw their partner exhibiting very jealous behavior and trying to control them.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>15. If a _____ had too much to drink, I asked them if they need to be walked home from the party.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>16. I told a _____ if I thought their drink may have been spiked with a drug.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>17. I talked with a _____ about what makes a relationship abusive and what warning signs might be.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>18. If a _____ was being shoved or yelled at by their partner, I asked if they needed help.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>19. I saw a man talking to a female _____. He was sitting very close to her and by the look on her face I could see she was uncomfortable. I asked her if she was okay or tried to start a conversation with her.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>20. I saw a _____ and their partner. They were in a heated argument. The _____'s partner had his/her fist clenched around the _____'s arm and the _____ looked upset. I asked if everything was okay.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>21. I expressed concern to a _____ who has unexplained bruises that may be signs of abuse in their relationship.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>22. I stopped and checked in with a _____ who looked very intoxicated when they were being taken upstairs at a party or home with someone they just met.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>23. If a _____ said they had an unwanted sexual experience but they don't call it "rape" I expressed concern and/or offered to help.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>24. I asked a _____ who seems upset if they were okay or needed help.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>25. I approached a _____ if I thought they were in an abusive relationship and let them know that I was there to help.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>26. I let a _____ I suspect has been sexually assaulted know that I was available for help and support.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>
<b>27. I shared information or resources about sexual assault and/or intimate partner abuse with a _____.</b>	<b>Y</b>	<b>Y</b>
	<b>N</b>	<b>N</b>

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



<b>28. I supported a _____ who wanted to report sexual assault or intimate partner abuse that happened to them even if others could get in trouble.</b>	Y N	Y N
<b>29. If I saw a _____ taking a very intoxicated person up to their room, I said something and asked what the _____ was doing.</b>	Y N	Y N
<b>30. I confronted a _____ who made excuses for abusive behavior by others.</b>	Y N	Y N
<b>31. I expressed disagreement with a _____ who said having sex with someone who is passed out or very intoxicated is okay.</b>	Y N	Y N
<b>32. I indicated my displeasure when I heard sexist, racist, homophobic jokes or catcalls made by a _____.</b>	Y N	Y N
<b>33. If I saw a _____ grabbing or pushing their partner, I said something to them.</b>	Y N	Y N
<b>34. If I heard a _____ insulting their partner, I said something to them.</b>	Y N	Y N
<b>35. I heard a _____ talking about forcing someone to have sex with them, spoke up against it and expressed concern for the person who was forced.</b>	Y N	Y N
<b>36. I heard a _____ talking about using physical force with their partner, spoke up against it and expressed concern for their partner.</b>	Y N	Y N
<b>37. I refused to remain silent when a _____ asked me to keep quiet about an instance of sexual abuse or intimate partner abuse that I knew about.</b>	Y N	Y N
<b>38. I walked a _____ home from a party when they had too much to drink.</b>	Y N	Y N
<b>39. I watched a _____'s drink/s at a party.</b>	Y N	Y N
<b>40. I made sure a _____ left the party with the same people he/she came with.</b>	Y N	Y N
<b>41. I went with a _____ to talk with someone (community resource, police, crisis center, etc.) about an unwanted sexual experience or intimate partner abuse.</b>	Y N	Y N
<b>42. I called 911 or authorities when a _____ needed help because of being hurt sexually or physically.</b>	Y N	Y N
<b>43. I made sure a _____ didn't leave an intoxicated friend behind at a party.</b>	Y N	Y N

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)



44. I called a crisis center or community resource for help when a _____ told me they experienced sexual or intimate partner abuse.	Y N	Y N
45. I called 911 because of suspicion that a _____ had been drugged.	Y N	Y N
46. I called 911 or authorities when I heard sounds of yelling and fighting.	Y N	Y N
47. I called 911 or authorities because someone was yelling for help.	Y N	Y N
48. I accompanied a _____ to a local crisis center.	Y N	Y N
49. When I heard that a _____ was accused of sexual abuse or intimate partner abuse, I came forward with what I knew rather than keeping silent.	Y N	Y N

**IN LAST 2 MONTHS, how much opportunity have you had to do the kinds of behaviors like the ones in the questions you just answered on the last few pages?**

- 1 - Almost no chance to do
- 2
- 3
- 4
- 5 - Very often or frequent chances to do

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)



## ALTERNATIVE VERSION I

Same items as Version 1 above with “no opportunity” listed for each item and with behaviors listed separately for each reference group – friends or strangers.

**NOTE:** The following example contains the first dozen items from the full measure ONLY for illustration purposes:

Now please read the list below and circle “yes” for all the items indicating behaviors in which you have actually engaged IN THE LAST 2 MONTHS or circle “no” if you have not engaged in the behavior in the last 2 months or circle “no opportunity” if you have not had the opportunity to engage in the behavior in the last 2 months.

### FRIENDS

1. I developed a specific plan for ways I might safely intervene as a bystander if I see sexual abuse or intimate partner abuse happening around me.	Yes	No	No Opportunity
2. I tried to get others to help me before trying to do something about sexual abuse or intimate partner abuse that I saw going on.	Yes	No	No Opportunity
3. I thought through the pros and cons of different ways I might help if I saw an instance of sexual abuse or intimate partner abuse.	Yes	No	No Opportunity
4. I got advice from others about how to help someone who has experienced sexual abuse or intimate partner abuse.	Yes	No	No Opportunity
5. I got further training in skills to confront and prevent sexual abuse and intimate partner abuse.	Yes	No	No Opportunity
6. I refused to remain silent about instances of sexual abuse or intimate partner abuse I knew about.	Yes	No	No Opportunity
7. I spoke up if I heard “she deserved to be raped.”	Yes	No	No Opportunity
8. If I heard sounds of yelling and fighting coming from a _____’s dorm room or apartment walls I knocked on the door to see if everything was okay.	Yes	No	No Opportunity
9. I encouraged others to learn more and get involved in preventing sexual or intimate partner abuse.	Yes	No	No Opportunity
10. I educated myself about sexual abuse and/or intimate partner abuse and what I can do about it.	Yes	No	No Opportunity

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



11. I made sure I left the party with the same people I came with.	Yes	No	No Opportunity
12. I talked with a _____ about going to parties together and staying together and leaving together.	Yes	No	No Opportunity

## **STRANGERS**

1. I developed a specific plan for ways I might safely intervene as a bystander if I see sexual abuse or intimate partner abuse happening around me.	Yes	No	No Opportunity
2. I tried to get others to help me before trying to do something about sexual abuse or intimate partner abuse that I saw going on.	Yes	No	No Opportunity
3. I thought through the pros and cons of different ways I might help if I saw an instance of sexual abuse or intimate partner abuse.	Yes	No	No Opportunity
4. I got advice from others about how to help someone who has experienced sexual abuse or intimate partner abuse.	Yes	No	No Opportunity
5. I got further training in skills to confront and prevent sexual abuse and intimate partner abuse.	Yes	No	No Opportunity
6. I refused to remain silent about instances of sexual abuse or intimate partner abuse I knew about.	Yes	No	No Opportunity
7. I spoke up if I heard “she deserved to be raped.”	Yes	No	No Opportunity
8. If I heard sounds of yelling and fighting coming from a _____’s dorm room or apartment walls I knocked on the door to see if everything was okay.	Yes	No	No Opportunity
9. I encouraged others to learn more and get involved in preventing sexual or intimate partner abuse.	Yes	No	No Opportunity
10. I educated myself about sexual abuse and/or intimate partner abuse and what I can do about it.	Yes	No	No Opportunity
11. I made sure I left the party with the same people I came with.	Yes	No	No Opportunity
12. I talked with a _____ about going to parties together and staying together and leaving together.	Yes	No	No Opportunity

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)





**ALTERNATIVE VERSION II – THIS EXAMPLE WAS CREATED FOR A SEXUAL VIOLENCE [ONLY] MODULE BUT THIS VERSION HAS NOT BEEN EVALUATED YET.**

Please read the list below and circle “Y” (for yes) for all the items indicating behaviors in which you have actually engaged **IN THE LAST 2 MONTHS** or circle “N” (for no) if you have not engaged in the behavior in the last 2 months or circle “No Opp” (for “no opportunity”) if you have not had the opportunity to engage in the behavior in the last 2 months.

1.	Thought through the pros and cons of different ways I might help if I see an instance of sexual violence.	Y	N	No Opp
2.	Spoke up when I heard someone say “she deserved to be raped.”  <i>IF YES, please answer the following questions:</i> 2a. How many times have you done this in the last 2 months ____ 2b. On how many separate occasions did you do this in the last 2 months? ____ 2c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____	Y	N	No Opp
3.	Ask for verbal consent when I am intimate with my partner, even we are in a long-term relationship.	Y	N	No Opp
4.	Made sure I left the party with the same people I came with.  <i>IF YES, please answer the following questions:</i> 4a. How many times have you done this in the last 2 months ____ 4b. On how many separate occasions did you do this in the last 2 months? ____ 4c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____	Y	N	No Opp

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



5.	<p><b>I talked with my friends about going to parties together and staying together and leaving together.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>5a. How many times have you done this in the last 2 months _____</b></p> <p><b>5b. On how many separate occasions did you do this in the last 2 months? _____</b></p> <p><b>5c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? _____</b></p>	Y	N	No Opp
6.	<p><b>I talked with my friends about watching each other's drinks.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>6a. How many times have you done this in the last 2 months _____</b></p> <p><b>6b. On how many separate occasions did you do this in the last 2 months? _____</b></p> <p><b>6c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? _____</b></p>	Y	N	No Opp
7.	<p><b>I talked with my friends about sexual violence as an issue for our community.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>7a. How many times have you done this in the last 2 months _____</b></p> <p><b>7b. On how many separate occasions did you do this in the last 2 months? _____</b></p> <p><b>7c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? _____</b></p>	Y	N	No Opp
8.	<p><b>When a friend had had too much to drink, I asked them if they need to be walked home from the party.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>8a. How many times have you done this in the last 2 months _____</b></p> <p><b>8b. On how many separate occasions did you do this in the last 2 months? _____</b></p> <p><b>8c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? _____</b></p>	Y	N	No Opp

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



9.	<p><b>I told a friend when I thought their drink may have been spiked with a drug.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>9a. How many times have you done this in the last 2 months ____</b></p> <p><b>9b. On how many separate occasions did you do this in the last 2 months? ____</b></p> <p><b>9c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</b></p>	Y	N	No Opp
10.	<p><b>I saw a man talking to a female friend. He was sitting very close to her and by the look on her face I could see she was uncomfortable. I asked her if she is okay or tried to start a conversation with her.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>10a. How many times have you done this in the last 2 months ____</b></p> <p><b>10b. On how many separate occasions did you do this in the last 2 months? ____</b></p> <p><b>10c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</b></p>	Y	N	No Opp
11.	<p><b>I stopped and checked in with my friend who looked very intoxicated when they were being taken upstairs at party.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>11a. How many times have you done this in the last 2 months ____</b></p> <p><b>11b. On how many separate occasions did you do this in the last 2 months? ____</b></p> <p><b>11c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</b></p>	Y	N	No Opp
12.	<p><b>Asked a friend who seems upset if they are okay or need help.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>12a. How many times have you done this in the last 2 months ____</b></p> <p><b>12b. On how many separate occasions did you do this in the last 2 months? ____</b></p> <p><b>12c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</b></p>	Y	N	No Opp

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



13.	<p><b>Expressed disagreement with a friend who says having sex with someone who is passed out or very intoxicated is okay.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p>13a. How many times have you done this in the last 2 months ____</p> <p>13b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>13c. Recalling the most recent time you engaged in this behavior, on a scale from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp
14.	<p><b>Indicated my displeasure when I hear sexist, racist, or homophobic jokes.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p>14a. How many times have you done this in the last 2 months ____</p> <p>14b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>14c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp
15.	<p><b>Indicated my displeasure when I hear catcalls (e.g., insults, name calling, slurs, etc.).</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p>15a. How many times have you done this in the last 2 months ____</p> <p>15b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>15c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp
16.	<p><b>Walked a friend home from a party who has had too much to drink.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p>16a. How many times have you done this in the last 2 months ____</p> <p>16b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>16c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



17.	<p>Watched my friends' drinks at parties.</p> <p><i>IF YES, please answer the following questions:</i></p> <p>17a. How many times have you done this in the last 2 months ____</p> <p>17b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>17c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp
18.	<p>Made sure friends leave the party with the same people they came with.</p> <p><i>IF YES, please answer the following questions:</i></p> <p>18a. How many times have you done this in the last 2 months ____</p> <p>18b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>18c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp
19.	<p>Went with my friend to talk with someone (e.g. police, counselor, SHARPP advocate, resident advisor) about an unwanted sexual experience.</p> <p><i>IF YES, please answer the following questions:</i></p> <p>19a. How many times have you done this in the last 2 months ____</p> <p>19b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>19c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp
20.	<p>Talked to my friends or acquaintances to make sure we didn't leave an intoxicated friend behind at a party.</p> <p><i>IF YES, please answer the following questions:</i></p> <p>20a. How many times have you done this in the last 2 months ____</p> <p>20b. On how many separate occasions did you do this in the last 2 months? ____</p> <p>20c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</p>	Y	N	No Opp
21.	<p>When I heard someone say "that ____ (video game, test, etc.) raped me," or a comment like that, I explained how using the word rape in everyday situations is</p>	Y	N	No Opp

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



	<p><b>inappropriate.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>21a. How many times have you done this in the last 2 months ____</b></p> <p><b>21b. On how many separate occasions did you do this in the last 2 months? ____</b></p> <p><b>21c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</b></p>			
22.	<p><b>I decided with my friends in advance of going out: each person's plan for staying safe, getting home, and whether or not I will leave with anyone other than the person/people with whom I arrived.</b></p> <p><i>IF YES, please answer the following questions:</i></p> <p><b>22a. How many times have you done this in the last 2 months ____</b></p> <p><b>22b. On how many separate occasions did you do this in the last 2 months? ____</b></p> <p><b>22c. Recalling the most recent time you engaged in this behavior, from 1 (most negative) to 10 (most positive), how would you rate the outcome? ____</b></p>	Y	N	No Opp

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center





**ALTERNATIVE VERSION III – THIS EXAMPLE WAS CREATED FOR A SEPARATE STUDY THAT HAS NOT YET BEEN ANALYZED.**

Now please read the list below and indicate for each item how frequently you actually engaged in that behavior **IN THE LAST 2 MONTHS**. Please note – you are asked to respond about each behavior towards friends and towards strangers.

**FRIENDS**

1.	If I heard sounds of yelling and fighting coming from a ____'s dorm room or other residence walls I knocked on the door to see if everything was okay.	0	1	2-3	More than 3 times	No Opportunity
2.	I expressed concern to a ____ if I saw their partner exhibiting very jealous behavior and trying to control them.	0	1	2-3	More than 3 times	No Opportunity
3.	I told a ____ if I thought their drink may have been spiked with a drug.	0	1	2-3	More than 3 times	No Opportunity
4.	If a ____ was being shoved or yelled at by their partner, I asked if they needed help.	0	1	2-3	More than 3 times	No Opportunity
5.	I saw a man talking to a female _____. He was sitting very close to her and by the look on her face I could see she was uncomfortable. I asked her if she was okay or tried to start a conversation with her.	0	1	2-3	More than 3 times	No Opportunity
6.	I saw a ____ and their partner. They were in a heated argument. The ____'s partner had his/her fist clenched around the ____'s arm and the ____ looked upset. I asked if everything was okay.	0	1	2-3	More than 3 times	No Opportunity
7.	I expressed concern to a ____ who has unexplained bruises that may be signs of abuse in their relationship.	0	1	2-3	More than 3 times	No Opportunity

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



8.	I stopped and checked in with a _____ who looked very intoxicated when they were being taken upstairs at a party or home with someone they just met.	0	1	2-3	More than 3 times	No Opportunity
9.	If a _____ said they had an unwanted sexual experience but they don't call it "rape" I expressed concern and/or offered to help.	0	1	2-3	More than 3 times	No Opportunity
10.	I approached a _____ if I thought they were in an abusive relationship and let them know that I was there to help.	0	1	2-3	More than 3 times	No Opportunity
11.	I let a _____ I suspect has been sexually assaulted know that I was available for help and support.	0	1	2-3	More than 3 times	No Opportunity
12.	I supported a _____ who wanted to report sexual assault or intimate partner abuse that happened to them even if others could get in trouble.	0	1	2-3	More than 3 times	No Opportunity
13.	If I saw a _____ taking a very intoxicated person up to their room, I said something and asked what the _____ was doing.	0	1	2-3	More than 3 times	No Opportunity
14.	I confronted a _____ who made excuses for abusive behavior by others.	0	1	2-3	More than 3 times	No Opportunity
15.	I expressed disagreement with a _____ who said having sex with someone who is passed out or very intoxicated is okay.	0	1	2-3	More than 3 times	No Opportunity
16.	If I saw a _____ grabbing or pushing their partner, said something to them.	0	1	2-3	More than 3 times	No Opportunity
17.	If I heard a _____ insulting their partner, I said something to them.	0	1	2-3	More than 3 times	No Opportunity

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
www.cola.unh.edu/prevention-innovations-research-center



18.	I heard a _____ talking about forcing someone to have sex with them, spoke up against it and expressed concern for the person who was forced.	0	1	2-3	More than 3 times	No Opportunity
19.	I heard a _____ talking about using physical force with their partner, spoke up against it and expressed concern for their partner.	0	1	2-3	More than 3 times	No Opportunity

**For more information, contact:**

prevention.innovations@unh.edu | 1-603-862-5023  
 www.cola.unh.edu/prevention-innovations-research-center



## **STRANGERS**

1.	If I heard sounds of yelling and fighting coming from a ____'s dorm room or other residence walls I knocked on the door to see if everything was okay.	0	1	2-3	More than 3 times	No Opportunity
2.	I expressed concern to a ____ if I saw their partner exhibiting very jealous behavior and trying to control them.	0	1	2-3	More than 3 times	No Opportunity
3.	I told a ____ if I thought their drink may have been spiked with a drug.	0	1	2-3	More than 3 times	No Opportunity
4.	If a ____ was being shoved or yelled at by their partner, I asked if they needed help.	0	1	2-3	More than 3 times	No Opportunity
5.	I saw a man talking to a female _____. He was sitting very close to her and by the look on her face I could see she was uncomfortable. I asked her if she was okay or tried to start a conversation with her.	0	1	2-3	More than 3 times	No Opportunity
6.	I saw a ____ and their partner. They were in a heated argument. The ____'s partner had his/her fist clenched around the ____'s arm and the ____ looked upset. I asked if everything was okay.	0	1	2-3	More than 3 times	No Opportunity
7.	I expressed concern to a ____ who has unexplained bruises that may be signs of abuse in their relationship.	0	1	2-3	More than 3 times	No Opportunity
8.	I stopped and checked in with a ____ who looked very intoxicated when they were being taken upstairs at a party or home with someone they just met.	0	1	2-3	More than 3 times	No Opportunity
9.	If a ____ said they had an unwanted sexual experience but they don't call it "rape" I expressed concern and/or offered to help.	0	1	2-3	More than 3 times	No Opportunity

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)



10.	I approached a _____ if I thought they were in an abusive relationship and let them know that I was there to help.	0	1	2-3	More than 3 times	No Opportunity
11.	I let a _____ I suspect has been sexually assaulted know that I was available for help and support.	0	1	2-3	More than 3 times	No Opportunity
12.	I supported a _____ who wanted to report sexual assault or intimate partner abuse that happened to them even if others could get in trouble.	0	1	2-3	More than 3 times	No Opportunity
13.	If I saw a _____ taking a very intoxicated person up to their room, I said something and asked what the _____ was doing.	0	1	2-3	More than 3 times	No Opportunity
14.	I confronted a _____ who made excuses for abusive behavior by others.	0	1	2-3	More than 3 times	No Opportunity
15.	I expressed disagreement with a _____ who said having sex with someone who is passed out or very intoxicated is okay.	0	1	2-3	More than 3 times	No Opportunity
16.	If I saw a _____ grabbing or pushing their partner, I said something to them.	0	1	2-3	More than 3 times	No Opportunity
17.	If I heard a _____ insulting their partner, I said something to them.	0	1	2-3	More than 3 times	No Opportunity
18.	I heard a _____ talking about forcing someone to have sex with them, spoke up against it and expressed concern for the person who was forced.	0	1	2-3	More than 3 times	No Opportunity
19.	I heard a _____ talking about using physical force with their partner, spoke up against it and expressed concern for their partner.	0	1	2-3	More than 3 times	No Opportunity

For more information, contact:

prevention.innovations@unh.edu | 1-603-862-5023  
[www.cola.unh.edu/prevention-innovations-research-center](http://www.cola.unh.edu/prevention-innovations-research-center)

