

DID YOU KNOW?

FACTS ABOUT VIOLENCE

SEXUAL ASSAULT: On college campuses, 1 in 4 women will experience sexual assault.

INTERPERSONAL VIOLENCE: Women have a 1 in 3 chance of experiencing interpersonal violence in their lifetimes.

MALE VICTIMS: 10% of reported rape victims are men.

Before the age of 18, between 1 and 6 and 1 in 20 boys will experience sexual abuse.

STALKING: 1 in 6 women and 1 in 19 men experience stalking.

LGBT COMMUNITY: Sexual assault rates for those in the LGBT community are equal to or higher than those that are heterosexual.

The only way a college campus can really change is if enough people get involved. The only way less people will get hurt is if we get the people in our lives to each add their own green dots to the map.

- Green Dot



Violence. Intervention. Prevention.

The VIP Center is here for you!

Call us! (402) 280-3794

Visit us! Brandeis Hall, Room 101

Email us (confidentially)!

VIPcenter@creighton.edu

Learn about upcoming events and trainings at

www.creighton.edu/VIP!

www.facebook.com/CreightonVIPCenter

Twitter: [@UCUvipCenter](https://twitter.com/UCUvipCenter)



No one has to do everything but everyone has to do something.



GREEN DOT

**A NATIONAL PROGRAM
FACILITATED BY
CREIGHTON'S VIP CENTER**

WE CAN END VIOLENCE. GREEN DOT CAN HELP.

What is Green Dot Bystander Training?

Green Dot is a nationally recognized program focused on reducing violence on college campuses and in our communities. This awesome program is right here on Creighton's Campus!

The Green Dot Bystander Training trains participants to become Green Dot bystanders: an individual who DOES SOMETHING to decrease the likelihood that something bad—a red dot—will occur or get worse.

Green Dot focuses on power-based personal violence: forms of violence that use power, control, and/or intimidation in order to harm another. Specific examples are dating violence, sexual assault, and stalking.

This kind of violence impacts all of us: men and women, those in the LGBT community, people with disabilities, every race, color, and ethnicity—and every background.

Come to a Green Dot Bystander Training and get fully certified!
Put it on your resume, add it to your email signature, brag to your friends!

What Can I Do as a Bystander?

Green Dot came up with three solutions known as 'the 3 D's' which are direct, delegate and distract.

Direct: Directly going up to the individual, "Hey, what's going on over here?" or "Are you alright?"



Delegate: Getting someone else involved who may be able to handle the situation. This could be as simple as telling an RA what you saw or heard, talking with a faculty member about your concerns, or emailing the VIP Center.



Distract: Anything you can do to direct the attention elsewhere. This includes changing the topic: "Hey I'm hungry, let's go get some food, I'm buying," or just start dancing.



There are different kinds of Green Dots?! Tell me more.

Proactive green dots are little things you can do to make it less likely red dots will ever happen. This includes having a conversation with a friend about this issue, wearing the Green Dot shirt you got at bystander training, liking the Creighton Green Dot page on Facebook... the options are endless.

Reactive green dots are those choices you make in response to a situation that you think might be high risk or might eventually lead to something high risk. The next time you're in or witness a situation that doesn't feel right, instead of walking away and thinking to yourself, "this is none of my business," or "there's not much I can do," a reactive green dot would be taking a moment to check in with that person or make a phone call.

A green dot is moment in time. Our simple goal is to generate more green dots than red dots so that eventually they outnumber and displace the red dots—and the number of people experiencing violence is reduced.