THE PROGRAM:

BYSTANDER TO UPSTANDER trainings are interactive scenario-based sessions that prepare participants for real life encounters. Unlike traditional diversity training, these activity-based workshops focus on tactical interventions.

B2U trainings include: general instruction in bias interruption; courageous listening exercises; and culturally-specific insights and role-playing with tips and real tools for effective de-escalation, respectful intervention, and social accountability.

Group exercises provide opportunities for individuals to work through incidents with peer coaching and continual dialog, building a repertoire of actionable responses.

OBJECTIVES:

- **provide** tactics for engaging in safe/effective interactions
- **create** safe spaces to discuss hate and bias in our organizations and beyond
- **generate** resources and organizing tools for expanding the dialog

INTERACTIVITY: Group exercises provide opportunities for individuals to work through incidents with peer coaching and continual dialog, building a repertoire of responses. Scenario cards, response tipsheets, group feedback, and professional assistance are provided in these authentic skill-building sessions.

This is an excellent, very practical Training to equip all of us to be a part of creating a more compassionate and safe environment. – Laura Smith-Hill, LSS Center for New Americans