

2018-  
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## REPORT

IMPLEMENTATION OF THE BYSTANDER INTERVENTION PROGRAM RISE AT JANKI DEVI MEMORIAL COLLEGE, DELHI

### ABOUT RISE

The name of the program represents four main principles:

- R** – Reflect
- I** – Inform
- S** – Support
- E** – Engage

Thus, the program aims to make participants **reflect** about topics like gender, healthy relationships and communication, sexual violence and the meaning of being a bystander. The program also wants to **inform** about effective communication styles, different forms of sexual violence and bystander skills. It further shall **support** participants in finding strategies how to challenge traditional gender roles and how to communicate effectively in interpersonal relationships. Finally, the aim is to **engage** participants as potential witnesses (bystander) of sexual violence. We work with participants on different levels, namely

### IMPLEMENTATION OF RISE AT JDMC

#### PILOT STUDY (FEBRUARY 2018)

The implementation of the Bystander Intervention Program RISE at JDMC started in February 2018 with the Department of Sociology. Over a period of one week, students of the Department of Sociology took part in the program which was conducted in cooperation with Gayatri Sharma and Parul Sethi from the NGO Women Power Connect and coordinated by Vandana Madan (from the Department of Sociology). In total, 107 students (from 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year) received the training and 92 of them completed the whole program.

#### MAIN STUDY (AUGUST TO OCTOBER 2018)

From August to October 2018, the program was conducted again in cooperation with Gayatri Sharma and Parul Sethi from the NGO Women Power Connect with a larger number of students from other Departments as well. During that period of time, students from the Department of Sociology (1<sup>st</sup> year), Political Science (1<sup>st</sup> and 2<sup>nd</sup> year) and Philosophy (3<sup>rd</sup> year) took part in the program. In total, 171 students received the training and 138 of them completed the whole program. Apart from that, another group of students from the Department of Philosophy

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knowledge, attitudes and behavior through various interactive methods like group discussions, role-plays and several newly invented activities.

The program consists of the five following modules:

**Session 1:** Introduction (90 min.)

**Session 2:** Gender (120 min.)

**Session 3:** Healthy relationships & communication (120 min.)

**Session 4:** Sexual Violence

**Session 5:** Bystander

(1<sup>st</sup> and 2<sup>nd</sup> year), Political Science (3<sup>rd</sup> year), History (3<sup>rd</sup> year) and Economics (1<sup>st</sup> year) served as a control group and got two questionnaires. In total, 177 students received at least one questionnaire and 126 of them completed both of the surveys. This group of students will receive the whole Bystander Intervention Program in March and April 2019.

### **CONTINUATION OF THE MAIN STUDY AND FOLLOW-UP (MARCH TO APRIL 2019)**

From March to April 2019, 152 students of the intervention group filled a third questionnaire (follow-up). Moreover, students in the control groups also received the training. In total, 168 students from the Department of Philosophy (1<sup>st</sup> and 2<sup>nd</sup> year), Political Science (3<sup>rd</sup> year), History (3<sup>rd</sup> year) and Economics (1<sup>st</sup> year) received the training and 115 of them completed the whole program. Apart from that, 82 students from the Commerce Department (3<sup>rd</sup> year) took also part in the program.

### **IMPLEMENTATION OF A HINDI VERSION OF THE PROGRAM (APRIL 2019)**

As a next step, parts of the Bystander Intervention Program RISE have been conducted with a group of Hindi Medium students (3<sup>rd</sup> years) from the Political Science Department. For that, Debahuti Brahmachari and Kush Gayasen from the Political Science

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Department have been trained as an instructor for the Hindi Version and have conducted the program with a group of 30 students.

### **FUTURE PERSPECTIVES**

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#### **ONLINE VERSION OF THE BYSTANDER INTERVENTION PROGRAM RISE**

To be able to reach a larger number of students and to make the program accessible to as many students as possible, an online version of the program will be developed and conducted with students of Janki Devi Memorial College, New Delhi.