

EVERYDAY HERO

EXERCISE

7

What does their perfect active bystander look like?



FACILITATOR'S NOTES

Time Required: 30 Minutes

Objectives: Examines Bystander Intervention values and personal qualities

Description: Group activity and discussion

Resources required: Six sheets of flipchart paper or a large sheet of paper (big enough for someone to lie on), coloured pens.

1. Ask a volunteer to lie down on the paper and get another volunteer to draw round them with a flipchart pen. You are left with the outline of a body on the paper.
2. The group must fill in the picture – they are the graphic artist now!
3. Get the group to draw the traits of a perfect **ACTIVE BYSTANDER**
4. What does their perfect active bystander look like?
5. What are they wearing?
6. Do they carry anything with them?
7. What are they thinking and feeling?

8. How might they intervene in a situation?

9. Do they think they could be like the perfect bystander?

10. What would they need?

Here are some examples of core values:

- **DEPENDABILITY**
- **RELIABILITY**
- **LOYALTY**
- **COMMITMENT**
- **OPEN-MINDEDNESS**
- **CONSISTENCY**
- **HONESTY**

