

Upstanding: Stepping Up to Prevent Violence in Utah

PROGRAM OVERVIEW



WHAT IS UPSTANDING?

Upstanding is a bystander intervention approach to the prevention of sexual and interpersonal violence. Upstanders can intervene before, during, or after they witness violence or harm of another person, group, or community.

WHO IS THE INTENDED AUDIENCE?

Anyone can benefit from learning bystander intervention skills. Currently we offer programming tailored to general community and community-based organization staff, as well as middle and high school students, but our staff is happy to help you customize the program for your audience.

WHAT DO I NEED TO IMPLEMENT THIS PROGRAM?

Attending a training is the best way to prepare to implement Upstanding. Resources include a trainer manual, participant manual, and ongoing technical assistance. Additional materials are in progress and will be available to individuals who attend an Upstander training. An official training calendar is forthcoming, but in the meantime please contact us to find out where you can attend a training.

IS THERE A COST?

This program is free! The materials, resources and trainings are all provided free of cost by the Rape Prevention and Education Grant and the Violence and Injury Prevention Program at the Utah Department of Health.

WHO SHOULD I CONTACT ABOUT THE PROGRAM?

Please contact the staff at the Violence & Injury Prevention Program for more information, including to access training and materials.

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