



 Preventing violence and abuse
through bystander intervention



BYSTANDER COURSE INFORMATION

September 2025

Dear Participants,

Thanks you for signing up for [Lead the Change Bystander Intervention training
taster session.](#)

Here is all the information you need about your upcoming course. If you have any other questions you can contact info@kindling-interventions.com

Thanks

Alice Clarke – Head of Operations Kindling Transformative Interventions.

Anne-Marie Lawrence - Wales Programme and Advocacy Manager

Plan International UK

Session Outline

- Introductions.
- Gender based violence- understanding the problem.
- Challenging myths around violence and abuse
- Bystander intervention – the key ideas.
- A 3 pronged approach to intervention
- Closing

[Kindling Transformative Interventions](#) have developed this pilot of Bystander Intervention training is part of the Welsh Governments strategy to tackle Violence Against Women, Domestic Abuse & Sexual Violence (VAWDASV). This course has been fully funded by the Welsh Government Violence Against Women & Girls strategy, which can be viewed [here](#). [PLAN International-UK](#) are the project delivery partner.

Content Warning *Over this course we will be talking frankly about VAWDSV (Violence Against Women Domestic and Sexual Violence) including sexual harassment, assault and rape. It's hard to predict how talking or hearing about this sort of stuff will affect us day to day. Be kind to yourself. Please treat your safety as the absolute priority. Signposting information is available below. The pre-course survey also contains frank discussion of sexual violence (including rape and sexual assault) and domestic abuse. These are difficult topics, and some questions may be upsetting. The reason that certain statements are included in the way that they are is to help us to accurately measure the effectiveness of the training. Please only continue if you feel able to do so. Remember that you can stop at any time.*

If these issues have affected you or someone you care about, and you'd like to talk to someone:

Rape Crisis England & Wales: 0808 500 2222, rapecrisis.org.uk

National Domestic Abuse Helpline: 0808 2000 247, nationaldahelpline.org.uk

In an emergency, call 999.

Thank you for your participation in this challenging but important work.

Evaluation

1. We all want to know if this training is achieving its goals! We are evaluating the pilot project through Exeter university and you are invited to take part in the evaluation. This [short video](#) explains the risks and benefits of taking part. Welsh subtitles can be switched on using the small wheel on the bottom right hand corner of the screen. Please note that the survey asks

2. If you are happy to take part, you must complete the [pre course questionnaire](#) before Session 1. Please allow about 15 minutes to complete the survey.
3. Everyone that enters will be entered into a prize drawer, see details on the evaluation page.

After session 1 and 2 please complete a short [post-session feedback form](#).

This will really help us to understand how the course is working for the group.

4. When you have completed all 3 sessions and have finished the Bystander training, please complete the [post course survey](#).

5. Prize draw terms & conditions

To thank you for completing this survey, you have the option of entering a prize draw to win £100 of high street vouchers. For 2024/25 we will be selecting the winner every three months on 1st August 2025, 1st December 2025, 31st April 2026. The winner will be randomly selected and notified by the end of that month.

If you choose to enter the prize draw, your contact details will be stored separately from your survey responses, will be stored securely and will be destroyed once the draw has taken place. They will not be used for anything other than contacting you if you have won the prize draw. For more details, view our Privacy Policy or see our full terms and conditions [Lead The Change Wales | Kindling Interventions](#)

Online training

These are interactive sessions on MS Teams which use polls and virtual break-out rooms with your co-participants. Please make sure you have

- A working camera and microphone
- Please have your cameras switched on where possible
- Please set your out of office and/or silence the phone
- MS Teams links will be attached to the calendar invites.

Signposting and support It can be hard to predict how talking about violence and abuse may impact on us on any day. Please prioritise your wellbeing.

Here is list of some organisations that can provide you with specialist support and guidance.

Organisation	What do they help with?	Contact information
Live fear free helpline, call text, live chat, email	The Live Fear Free Helpline is available 24 hours a day, 7 days a week to provide support and guidance about violence against women, domestic abuse, and sexual violence to survivors, concerned others, and professionals.	Email: info@livefearfreehelpline.wales Text: 07860 077333 Call: 0808 8010 800 Web: www.gov.wales/live-fear-free
Stop it now helpline, live chat, email support	Our anonymous and confidential services are available to anyone with concerns about child sexual abuse including: - Adults worried about the behaviour of other adults or children and young people - Those worried about their own sexual thoughts or behaviour towards children, including those with concerns about their online behaviour - Friends and relatives of people arrested for sexual offending, including internet offending	Email: contactus.stopitnow.org.uk Call: 0800 1000 900 Web: www.stopitnow.org.uk/helpline

	Any other adult with a concern about child sexual abuse - including survivors and professionals	
Rape Crisis England & Wales Website, helpline, live chat, support centres	Rape Crisis England & Wales (RCEW) is a feminist organisation that supports the work of Rape Crisis Centres across England and Wales. We also raise awareness and understanding of sexual violence and abuse in all its forms. Our 39 member Rape Crisis centres offer free, confidential and specialist support to victims and survivors in the local area	Call: 0808 500 2222 Web: https://www.rapecrisis.org.uk/get-help/
Paladin Website, advice, helpline, referrals	Paladin NSAS is a trauma-informed service established in 2013, to assist high risk victims of stalking in England and Wales. Our unique trained team of accredited Independent Stalking Advocacy Caseworkers (ISACs) ensure that high risk victims of stalking are supported and that a coordinated community response is developed locally to	Email: info@paladinservice.co.uk Call: 0203 8664107 Web: www.paladinservice.co.uk

	keep victims and their children safe.	
Sound Campaign Website, social media, education	Sound encourages men aged 18-34 in Wales to learn about gender-based violence. The ultimate aim of the project is to create a sound Welsh society in which we can all thrive.	Socials: www.youtube.com/@SoundCymru Sound (@soundcymru) TikTok - Make Your Day Web: www.gov.wales/sound
Respect Helpline, webchat, email, website	Respect Phoneline is an anonymous and confidential helpline for men and women who are harming their partners and families. We provide specialist advice and guidance to help people change their behaviours and support for those working with domestic abuse perpetrators.	Email: info@respectphoneline.org.uk Call: 0808 8024040 Web: https://www.respectphoneline.org.uk/
Victim Support Helpline, live chat, website	Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.	Call: 0808 1689 111 Web: www.victimsupport.org.uk
Fearless Anonymous reporting	Fearless enables young people to pass on information about crime 100% anonymously	Call: 0800 555 111 Web: www.crimestoppers-uk.org/fearless
The Mix Website, online chat,	The Mix is a UK based charity that provides free, confidential	Web: www.themix.org.uk/get-support/speak-to-our-team

crisis messenger, online advice	support for young people under 25 via online, social and mobile.	
BAWSO Website, online advice, helpline	BAWSO is a charity that advocates for, and delivers specialist services to, black and minoritised victims of abuse, violence, and exploitation in Wales.	Call: 0800 7318147 Web www.bawso.org.uk
SHORE Online Website, live chat	Shore provides a safe and anonymous place for young people to get help and support. Shore aims to prevent harmful sexual behaviours among young people. It's for anyone who: • has questions about healthy sexual relationships • wants to change their own behaviour is looking for reliable information to help them respond to someone else's behaviour	Web: www.shorespace.org.uk/i-need-help-now