

## COMMUNITY RELATIONS COMMISSION BYSTANDER TRAINING

We have landed on a wonderful 60 minute online interactive authentically hosted session to help our residents recognize and intervene when they see someone being harassed in a public situation – in a grocery store, on a school campus, on a train platform, at a soccer game, etc.

BYSTANDER TRAINING is offered by Asian Americans Advancing Justice-Chicago (AAAJ) in partnership with Hollaback, a global movement to end harassment in all forms. They train people to "respond to, intervene in, and heal from harassment". They teach and equip citizens to recognize and stop or defer harassment against all identities. The focus begins with Asian American injustice but will be adjusted to call out other minority populations.

The 60 minute training starts with the facilitator talking about the types of disrespect and dangers that Asian and Asian American folks are facing right now — from microaggressions to violence. In this interactive and conversation-based online training, we learn what to look for in scenarios and the positive impact that bystander intervention has on individuals and communities. The AAAJ facilitators offer scenarios that are relevant to our southland suburban communities; the present 5 strategies for intervention and how to prioritize your own safety while intervening. And there's time at the close of the session to practice using the 5Ds. Participants will leave feeling confident intervening the next time you witness harassment against any identity.