

tab

Training
Active
Bystanders

A program of Gathering Currents, Massachusetts

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EVALUATION

Community Workshops

July 2025 - June 2026

Training Active Bystanders (TAB)

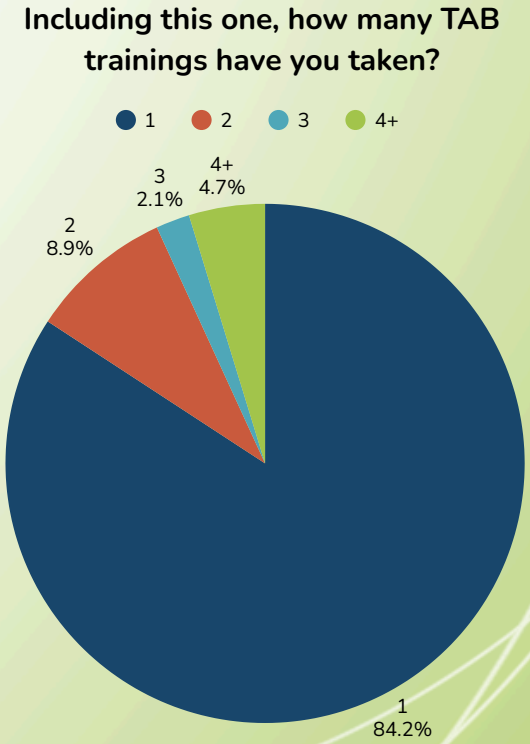
- Training Active Bystanders (TAB) equips people with the skills, confidence, and tools to recognize harm and take action to prevent or interrupt it. Through interactive, discussion-based training, participants explore the choices available to them as bystanders, the barriers that can make action difficult, and the ways they can help create safer, more inclusive communities.
- July 1st 2025 - June 30th 2026, we had 23 foundational TAB workshops, training 525 community members. We did 2 community T4Ts and certified 31 new TAB Trainers.
- Additionally, we led 5 advanced workshops with 44 participants and 1 community T4T with 9 participants in our athletic TAB curriculum.
- Our pre-survey evaluations had 190 responses, post-survey 177 for community TAB trainings. Response rate of 33.7%.

Training Active Bystanders

Pre-Training Information

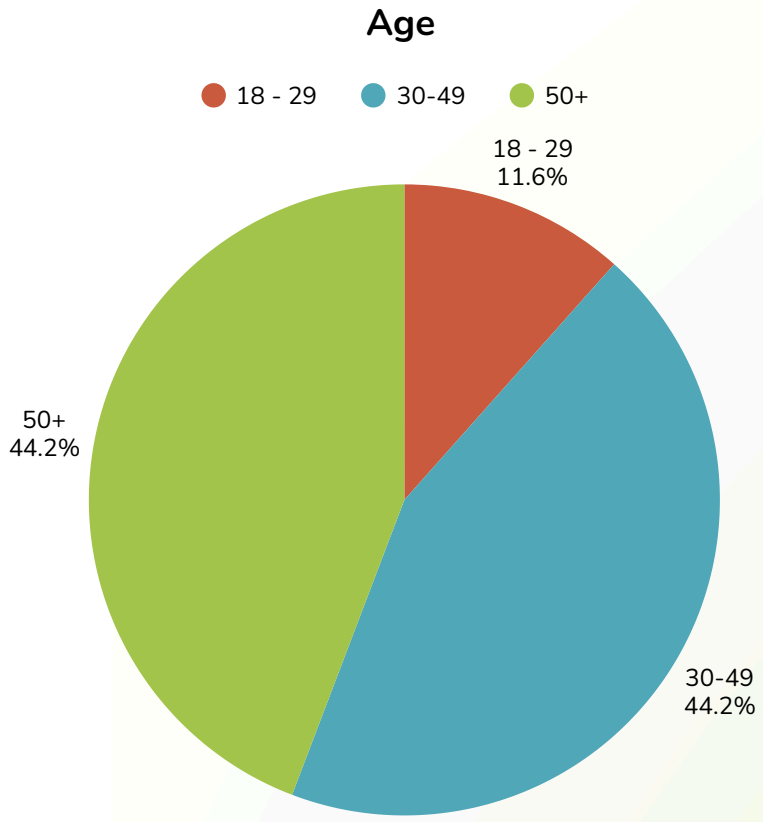
- Participants reported being from 35 towns, 3 countries, and 6 states. In Massachusetts, we had participants from Franklin, Worcester, Middlesex, Hampshire, Hampden, Suffolk, Essex, Bristol, Plymouth, Dukes, and Norfolk counties.

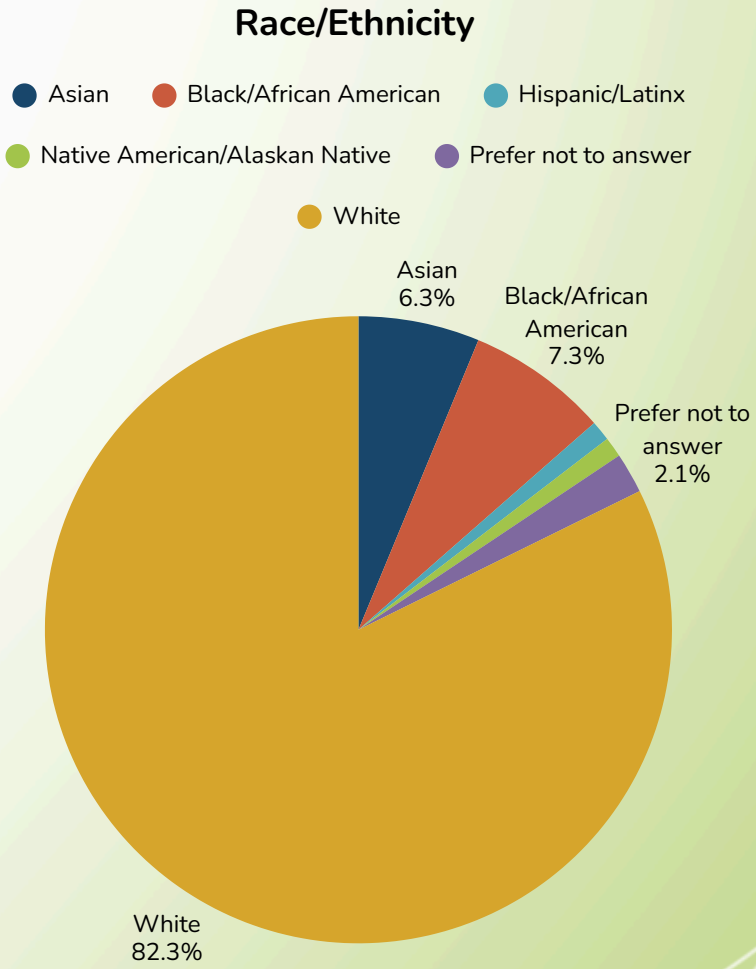




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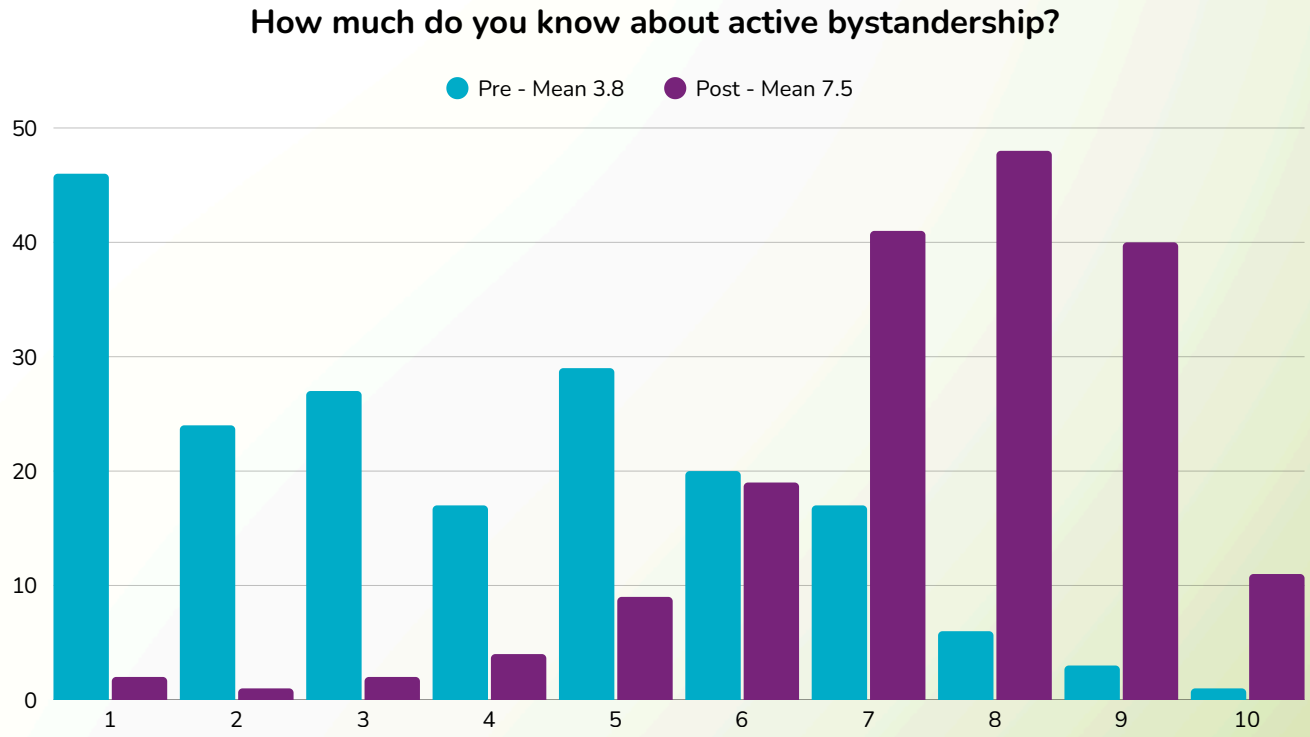
Demographics





Training Active Bystanders

Understanding Active Bystandership

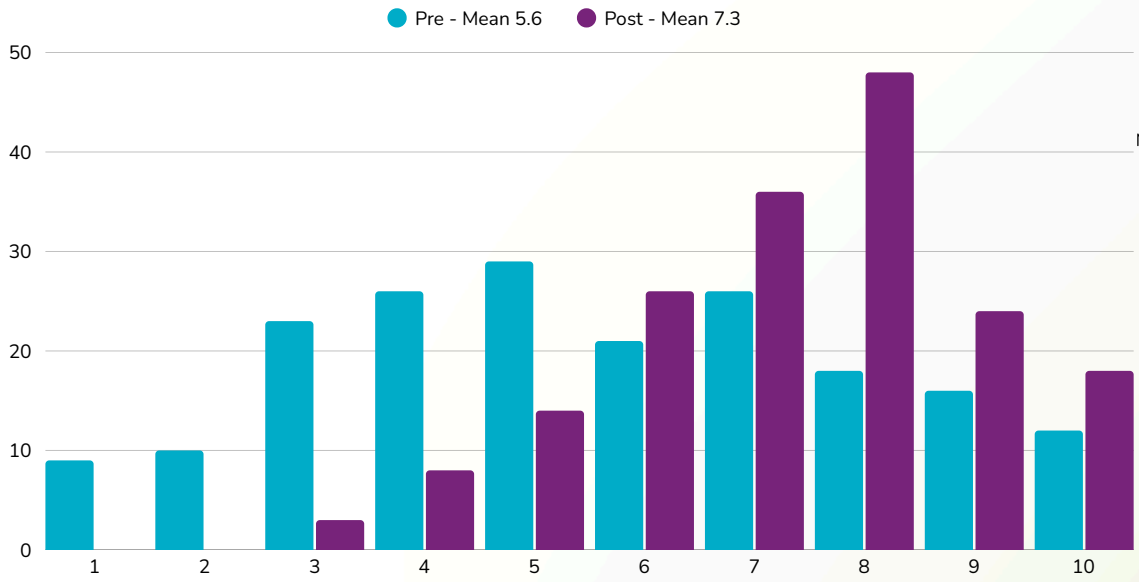


- Participants demonstrated a strong understanding of active bystandership following the training, with average knowledge scores increasing from 3.8 to 7.5 (a 97.4% increase).

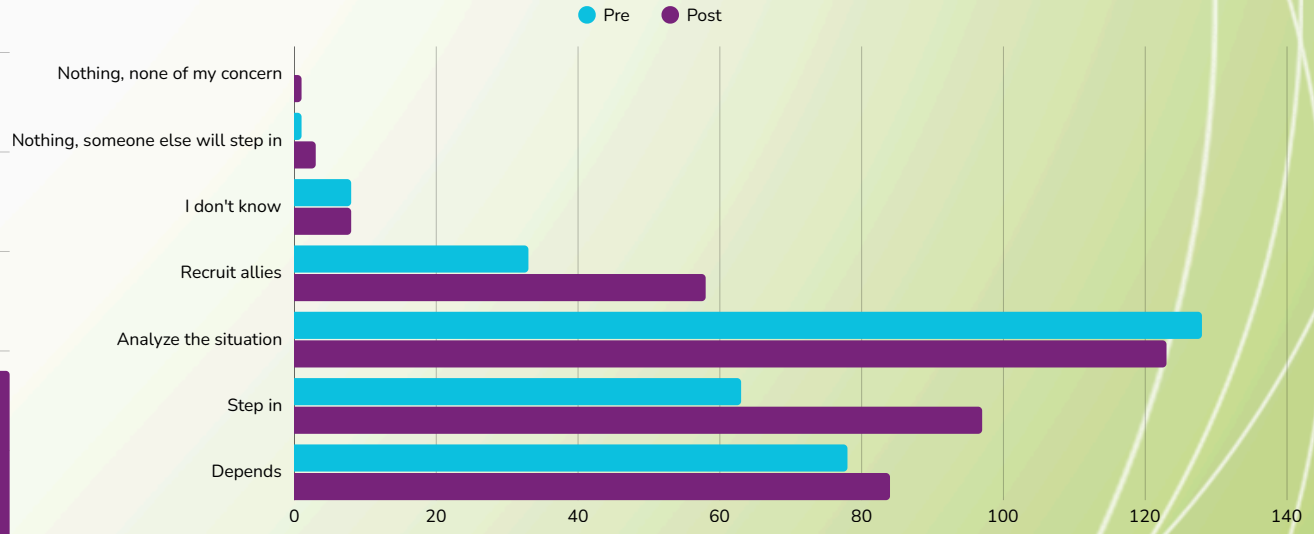
Training Active Bystanders

Intervention skills

How confident are you that you could appropriately respond to harm?



Which actions would you feel prepared to take if you noticed harm happening?



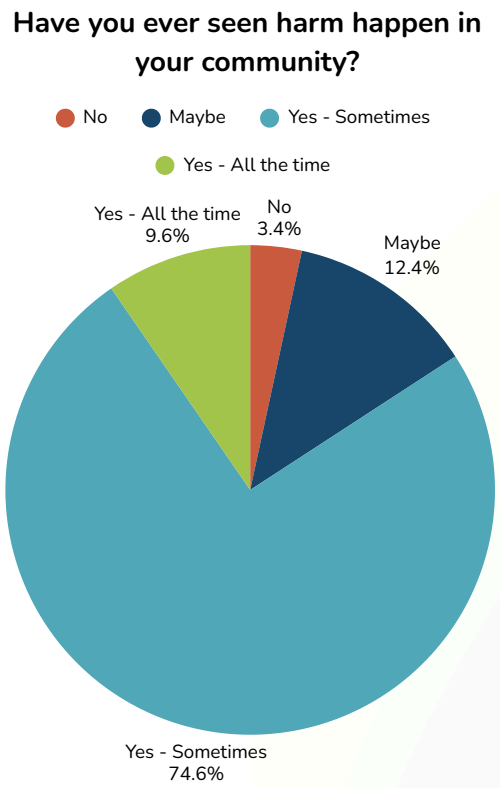
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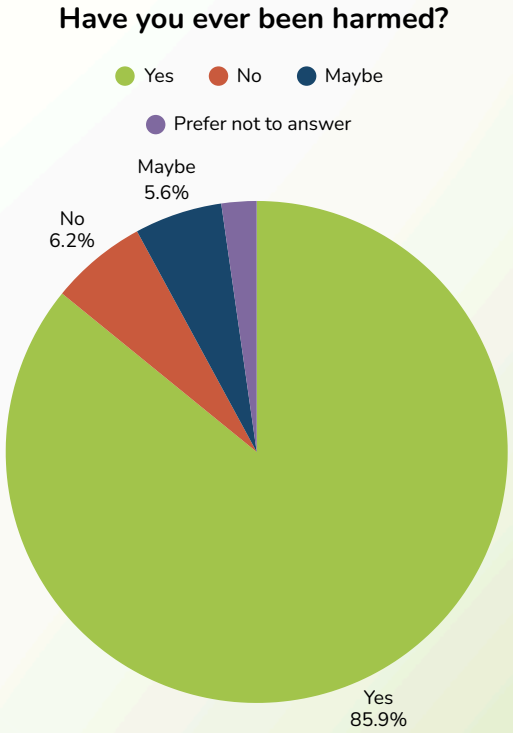
Intervention Skills

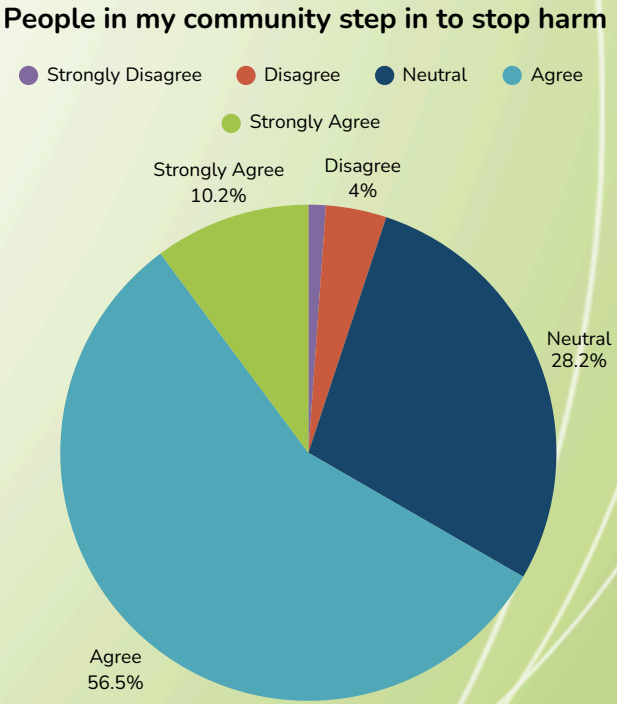
- Participants left the training feeling more prepared to move from recognizing harm to responding to it. Their increased confidence and strong readiness to use a variety of intervention strategies suggest that participants gained both the confidence and practical skills to act when they witness harm.
- Participants' confidence in their ability to respond appropriately to harm increased by 30.4% (from 5.6 to 7.3).
- 98.3% of participants selected at least one positive bystander response, suggesting participants felt prepared to take action.

Training Active Bystanders

Community Culture



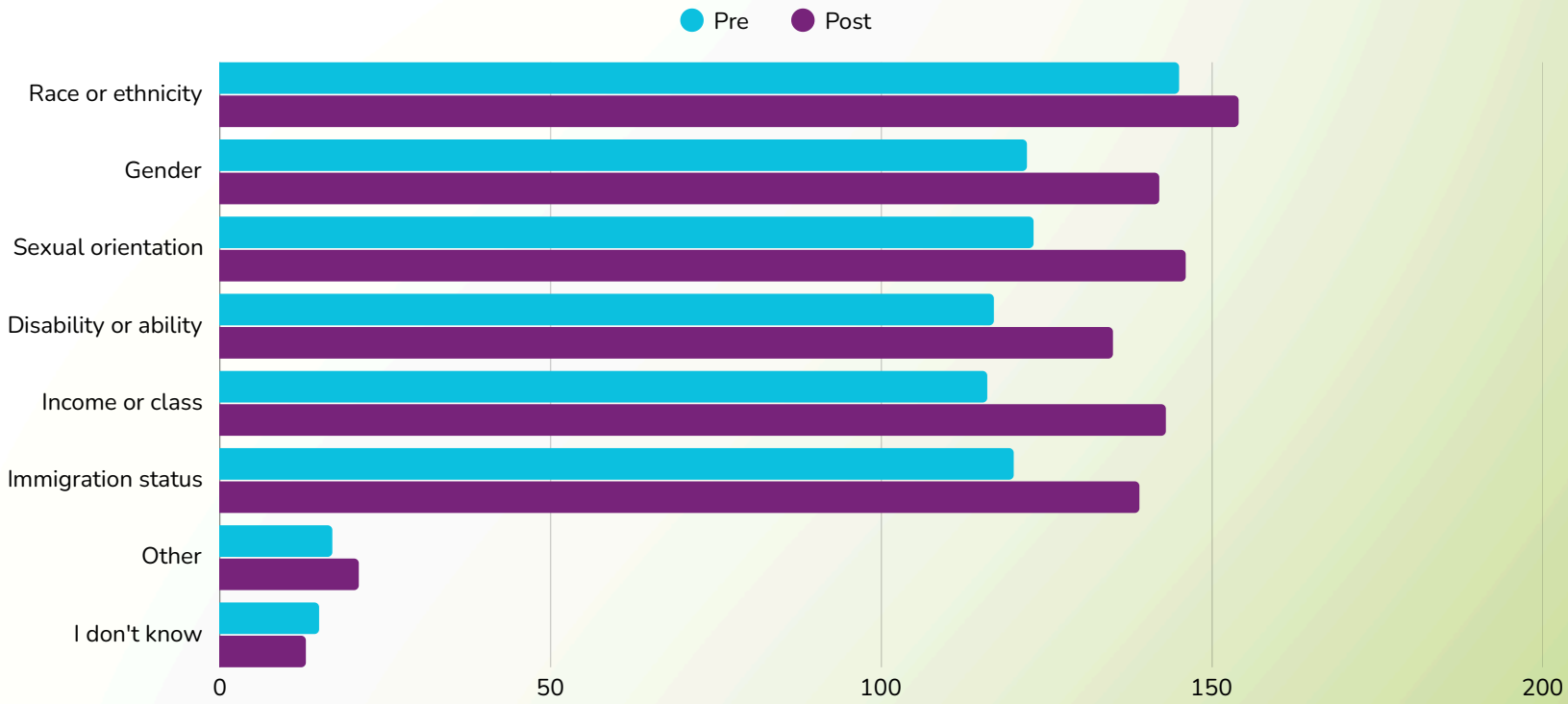




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Community Culture

People in my community are harmed because of their real or percieved:



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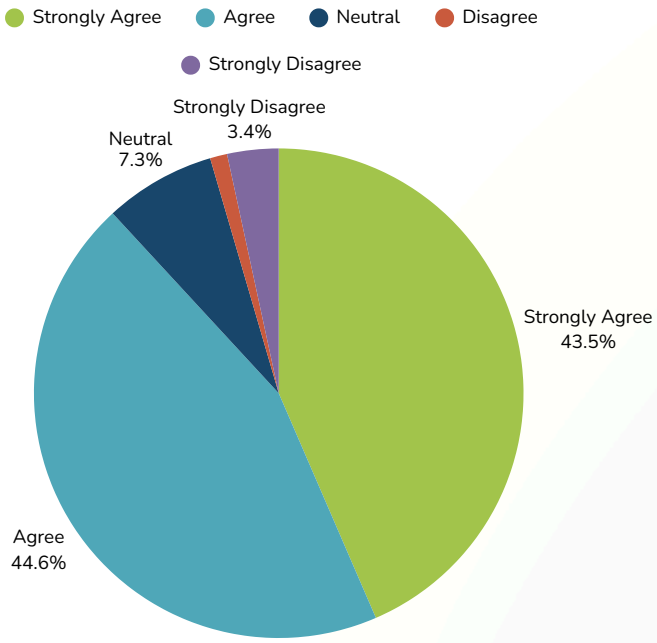
Community Culture

- The majority of participants have witnessed harm in their communities, and many have personally experienced being the target of harm.
- Despite the prevalence of harm, participants were less certain that people in their communities step in when it happens.
- Participants identified harm occurring across a wide range of identities and experiences, and reports of harm increased post-training, showing that participants learned to better recognize harm after taking TAB.
- This reinforces the importance of TAB's work in shifting community culture from passive awareness toward collective responsibility and active bystandership.

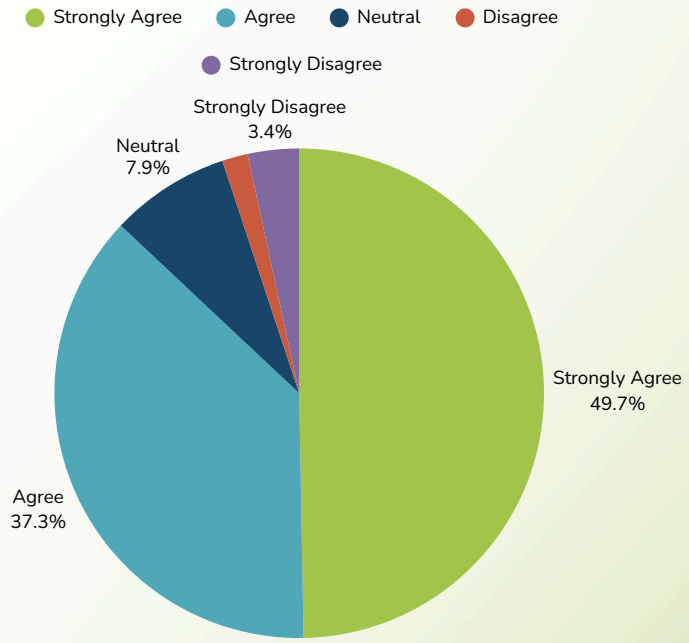
Training Active Bystanders

Training Effectiveness

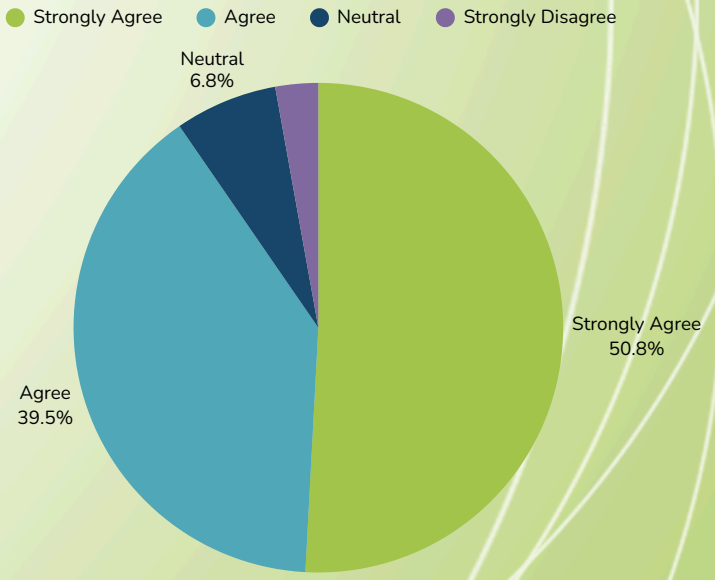
I found the training useful and relevant



The training improved my understanding of active bystandership

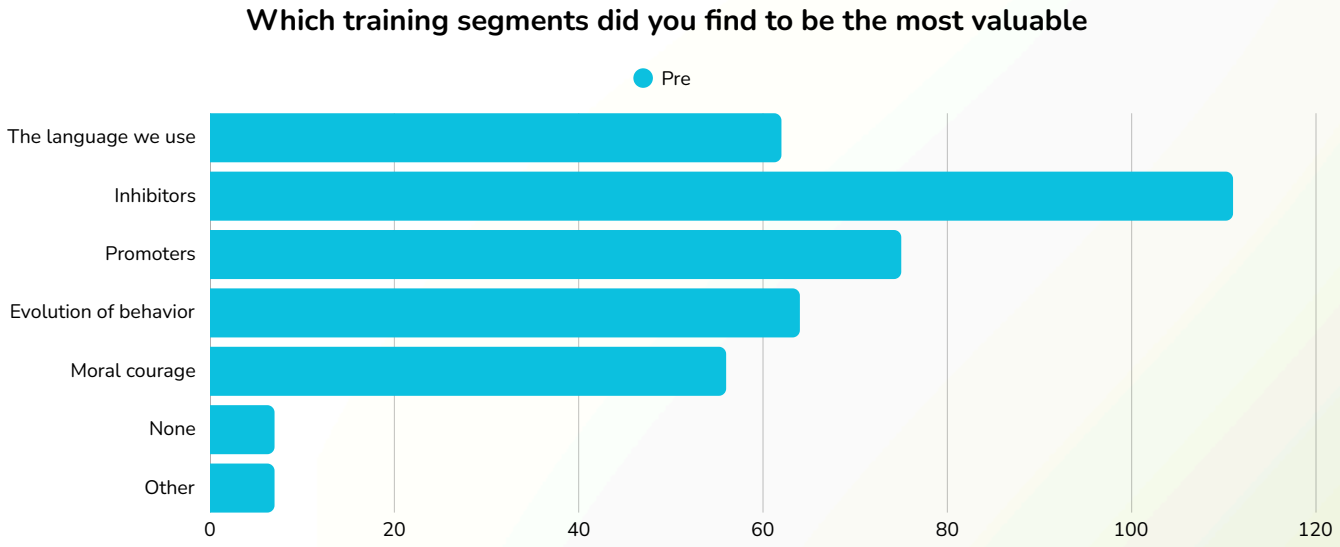


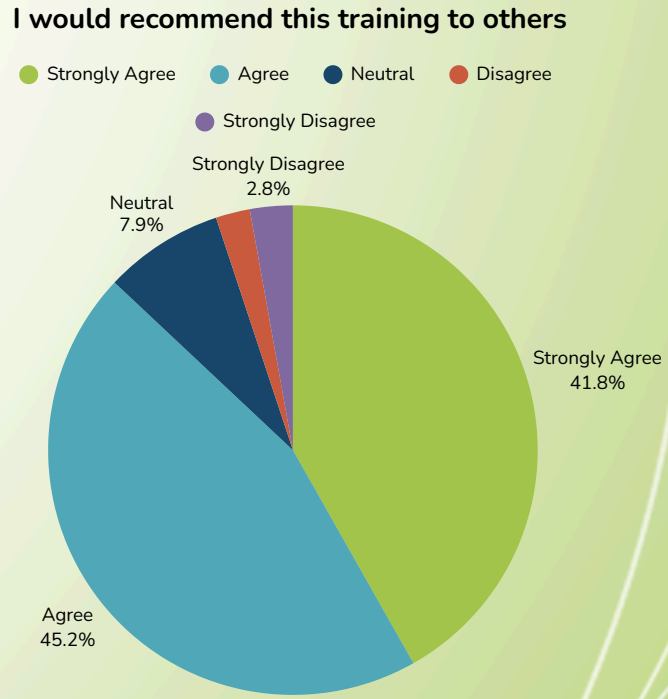
The trainers were effective in their delivery



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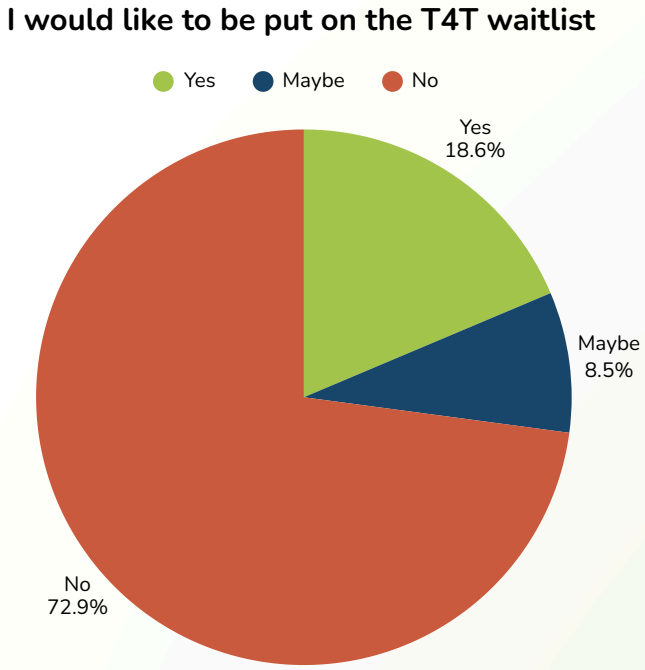
Training Effectiveness

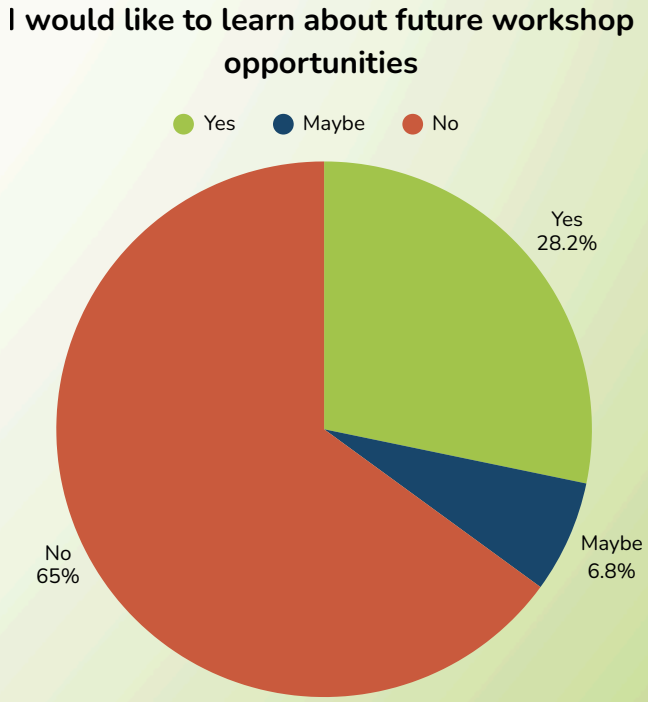




Training Active Bystanders

Future Opportunities





Training Active Bystanders

Qualitative Responses - Participant Takeaways

Participant feedback highlighted the value of engaging, informative, and relevant training that encouraged reflection and helped participants see how active bystandership can be applied in everyday life. Participants emphasized that active bystandership is not just a skill to learn in a workshop, but a practice to carry into their homes, workplaces, schools, and communities.

- **Engaging and meaningful learning:** Participants frequently described the training as informative, well-organized, and engaging, appreciating opportunities for interaction, open-sharing, and real-world application.
- **Building confidence and awareness:** Participants reflected on their own actions and expressed greater confidence in recognizing harm, being more intentional, and taking steps to intervene.
- **Connecting learning to everyday life:** Participants identified opportunities to apply active bystandership at home, in schools, workplaces, congregations, and community organizations.
- **Relevant to current climate:** Participants connected the training to broader social and political issues, emphasizing the importance of recognizing harm, challenging denial, and considering safe ways to intervene.
- **Opportunities for growth:** Suggestions included incorporating more real-life scenarios and practice and exploring additional topics such as self-advocacy and responding to harm by authority figures.


tab
Helping one person might not change the world, but it could change the world for one person.

tab Get involved!

Organize a workshop

If you're part of a group that would benefit from TAB, reach out to schedule a session in your community.

Pursue further training

Interested in becoming a trainer?
Fill out the post-training survey to indicate your interest — we'll be in touch!

Spread the word!

Share our website and follow us on Instagram @trainingactivebystanders to stay connected and engaged.



Thank you!

Scan to visit
www.GatheringCurrents.org

Send us a message
director@GatheringCurrents.org