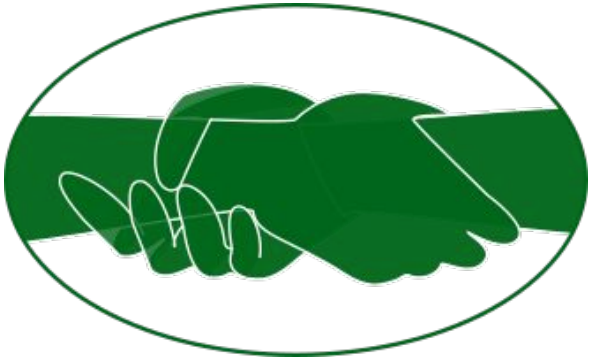


Concord

Training Active Bystanders - Survey Results - 2026

What is Training Active Bystanders (TAB)?

- Training Active Bystanders (TAB) is a program of Quabbin Mediation, a creative conflict resolution non-profit organization founded in the North Quabbin Region of Massachusetts.
- TAB was created in 2007, combining our conflict resolution practices with Dr. Ervin Staub's research in Peace Psychology. TAB is an evidence-based program for schools, communities, businesses, houses of worship, organizations, prisons, agencies, and institutions.
- Learn more at www.trainingactivebystanders.org or email stephaniehsu@quabbinmediation.org

Main Learning Objectives

Participants will learn:

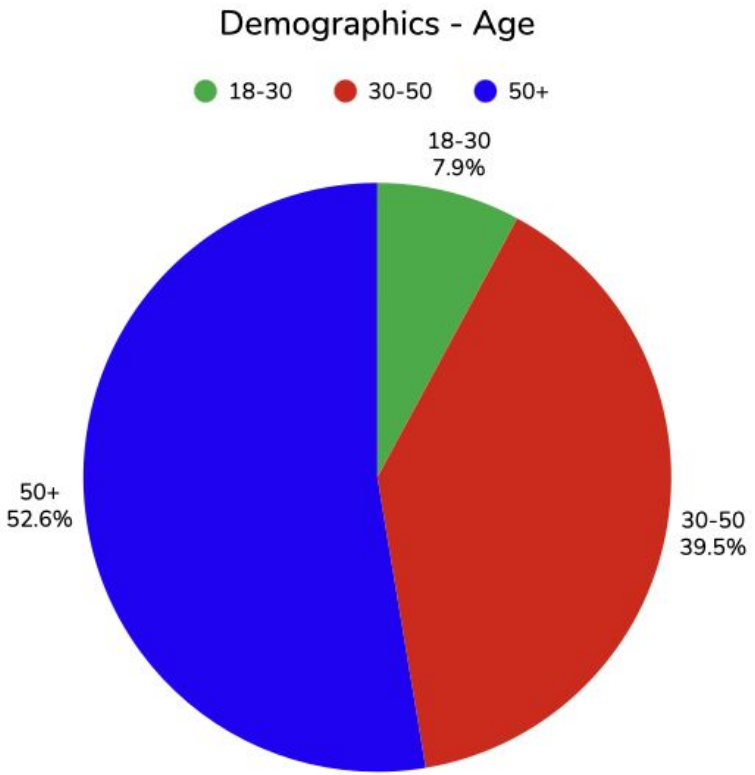
- What harmdoing is and how to recognize when it is happening
- What active, passive, and complicit bystandership is
- Who allies are, and how to recruit them
- How to step in when harm is happening, in the moment and later
- What prevents active bystandership
- What promotes active bystandership
- How harmful and helpful behaviors evolve
- The definition of moral courage and its importance in active bystandership

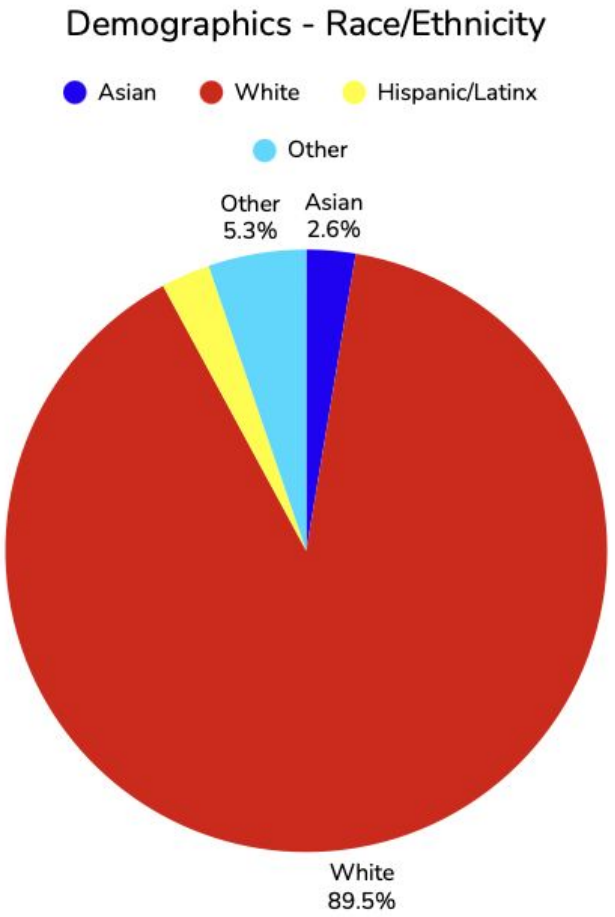
Participants will analyze harm they have witnessed, analyze their skills, and build an active bystander “toolbox” they can use the next time they see harm happen.

TAB Training

- January 14, 2026 and January 22, 2026
- 41 people trained in our basic community curriculum
- 39 participants filled out the pre-survey, 41 filled out the post-survey
- 36 participants had never taken a TAB training before

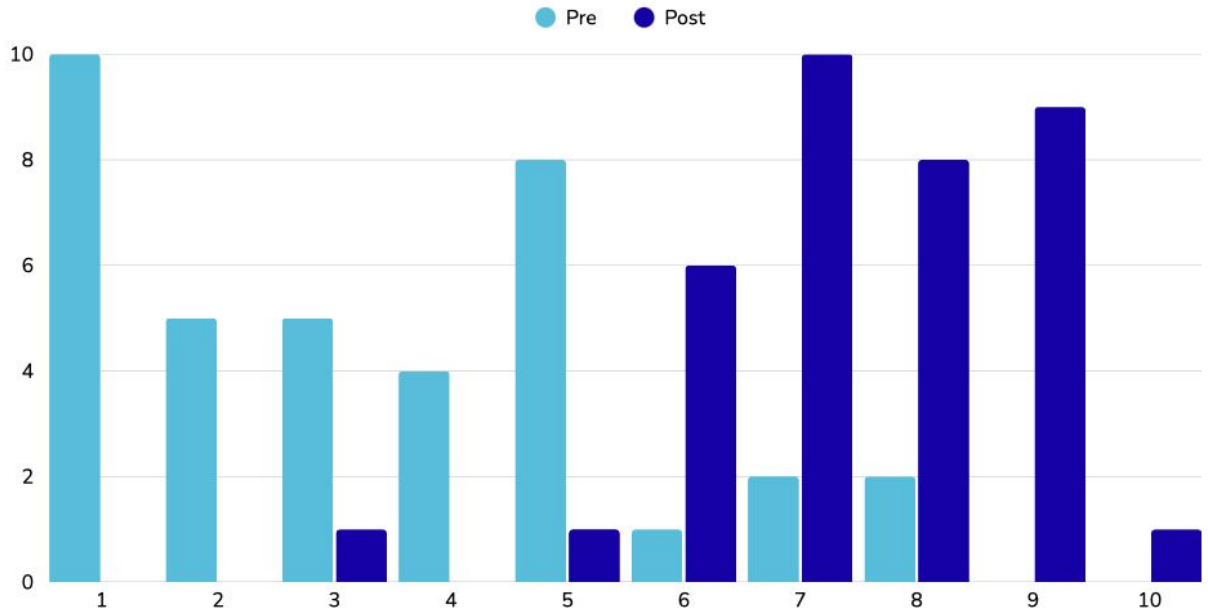
Participant Demographics





Knowledge about Active Bystandership

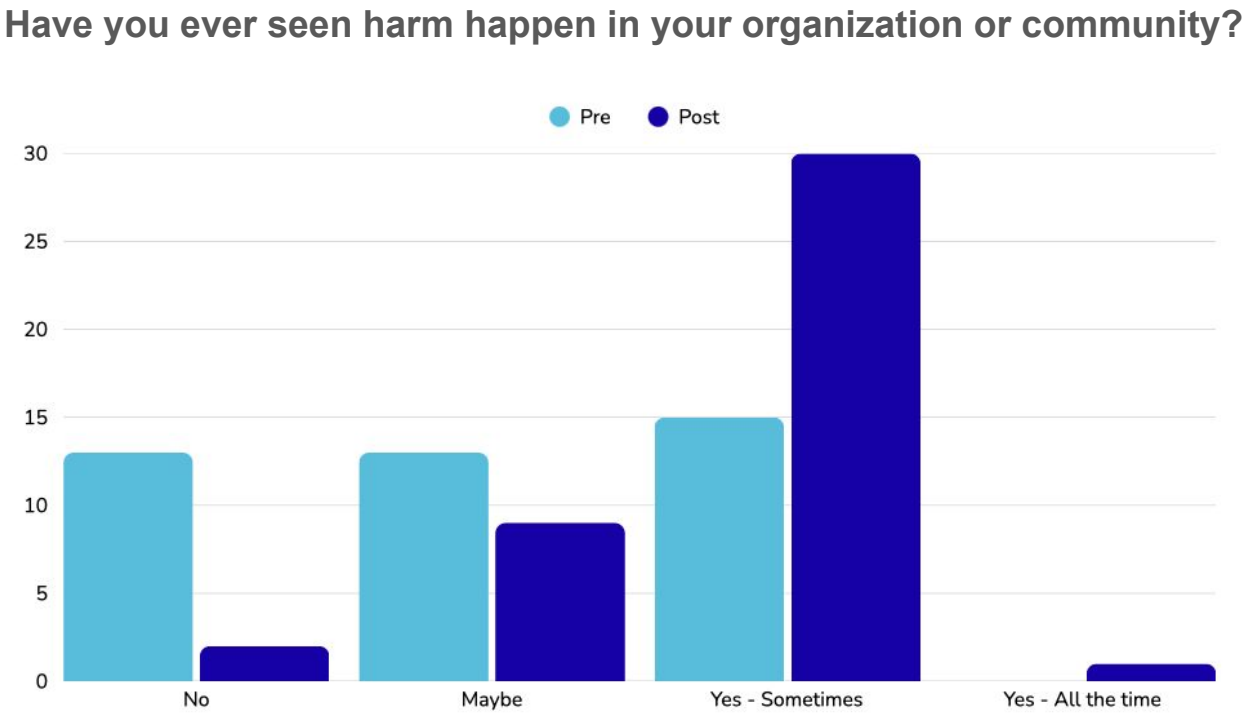
How much do you know about active bystandership? 1 (nothing) - 10 (everything)



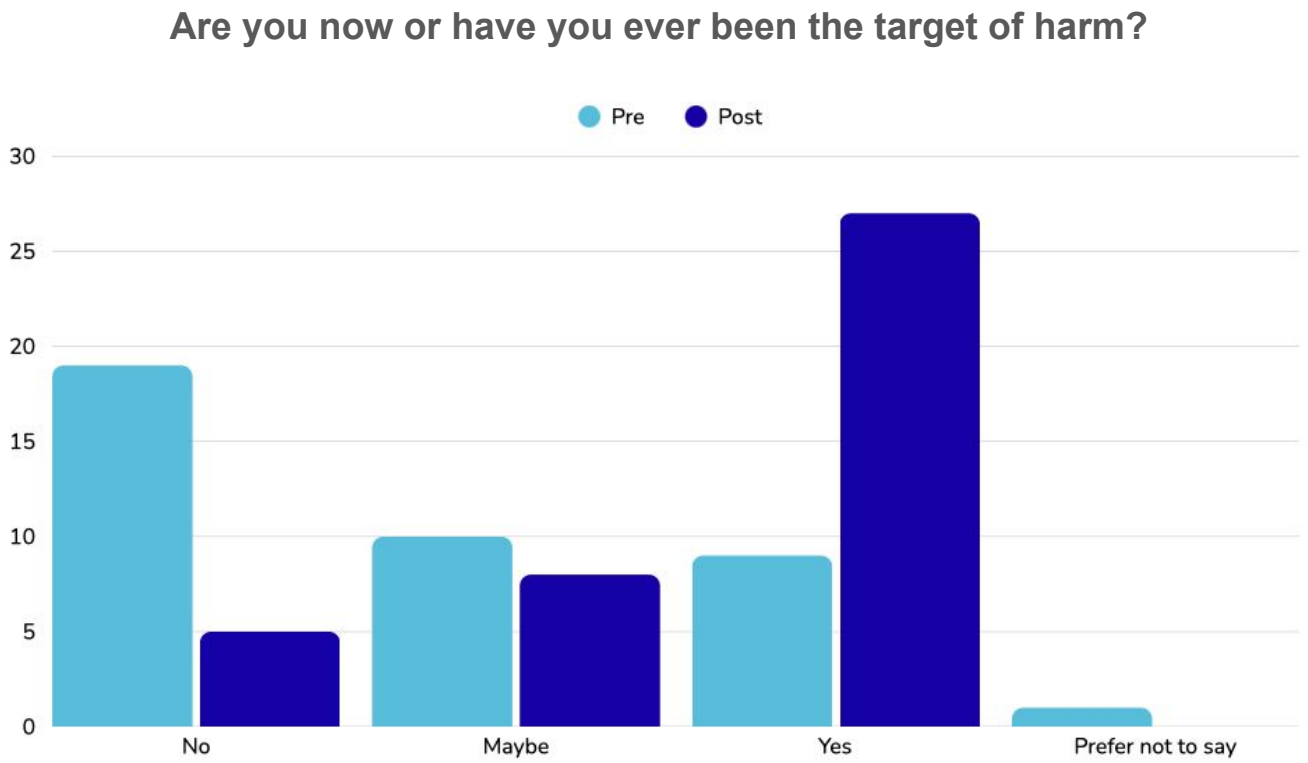
Knowledge about Active Bystandership Findings

- How much do you know about active bystandership? 1 = nothing, 10 = everything
- Pre- mean = 3.24/10
- Post- mean = 7.6/10
- 100% participants reported an increase in active bystander knowledge with an average increase of 134.6%
- After the training, participants felt they knew more about active bystandership

Rate of Harm in Community

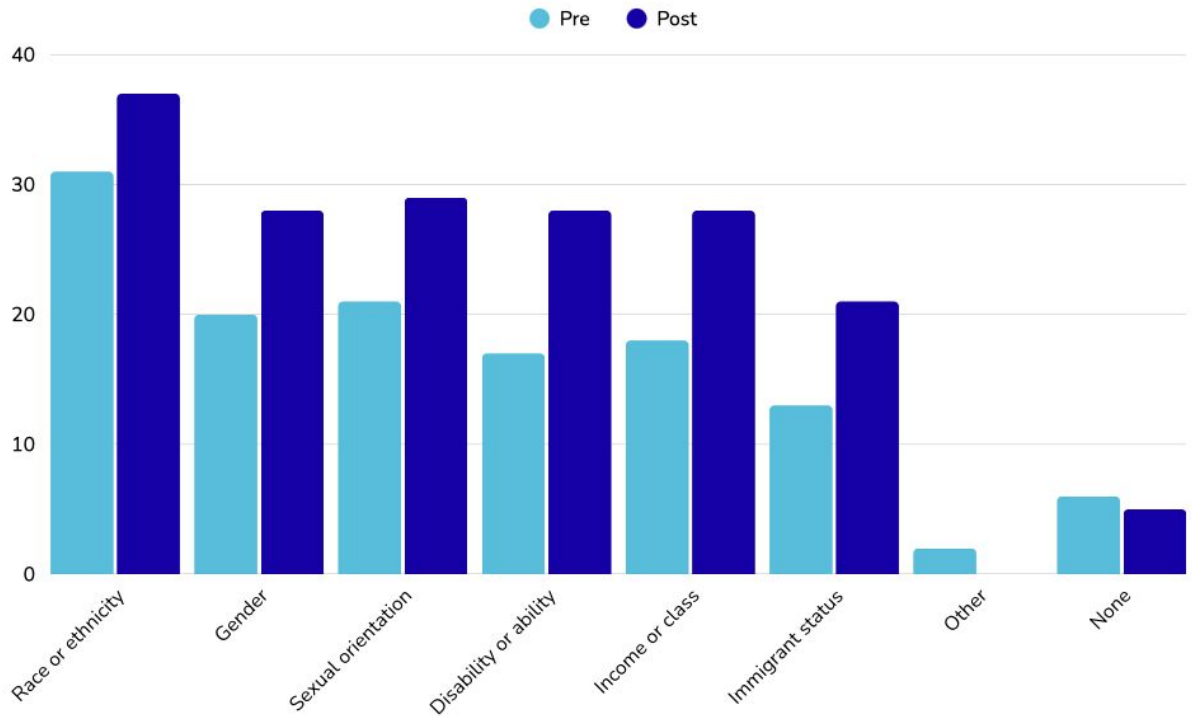


Rate of Harm


Are you now or have you ever been the target of harm?
Pre
Post
30
25
20
15
10
5
0
No
Maybe
Yes
Prefer not to say

Rate of Harm

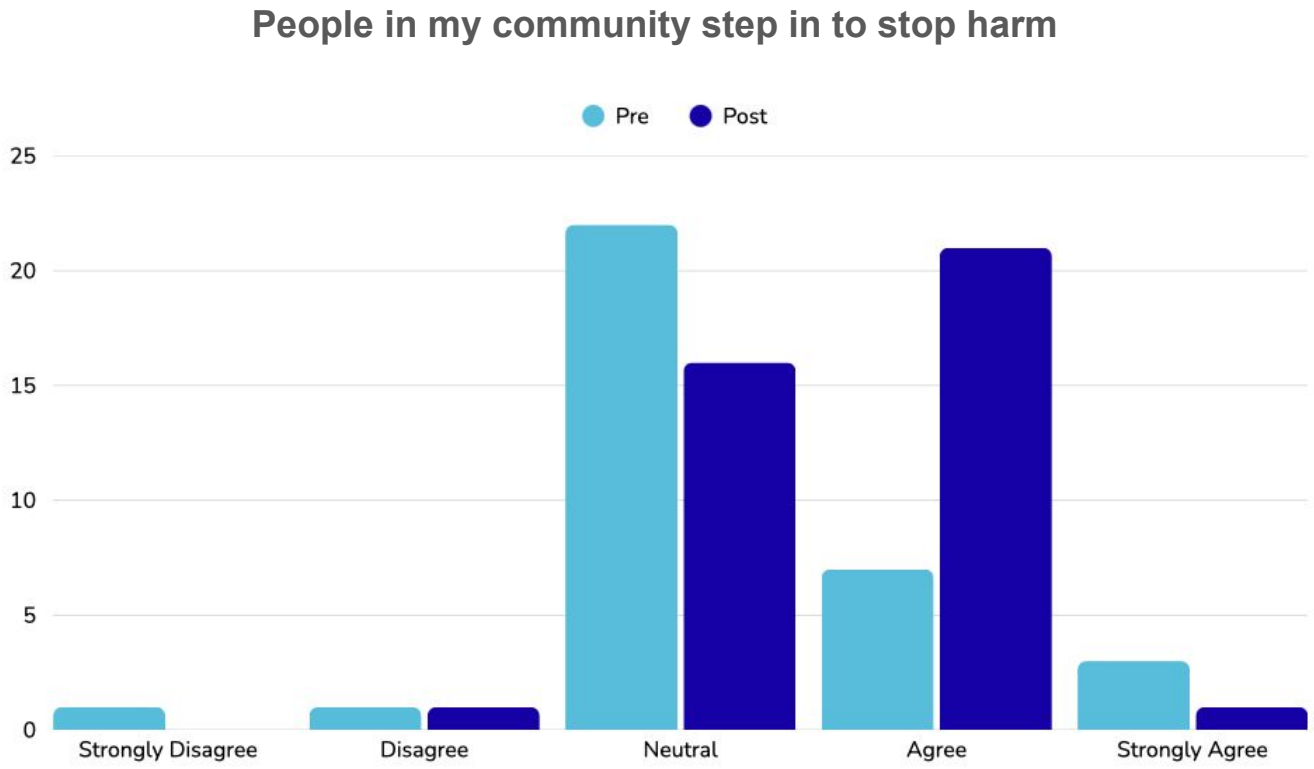
People in my community are harmed because of their real or perceived:



Rate of Harm Findings

- After the training, participants became substantially more aware of harm in their communities, possibly reflecting increased recognition or sensitivity to situations they may have previously overlooked.
- Post-training, participants were more likely to report having been harmed. Participants may now recognize experience as harmful that they previously did not label as such.
- Awareness of multiple harm factors increased post-training. Race or ethnicity remained the most recognized factor.
- Overall, the training helped participants broaden their recognition of social and systemic factors that contribute to harm in their communities.

Rate of Active Bystandership

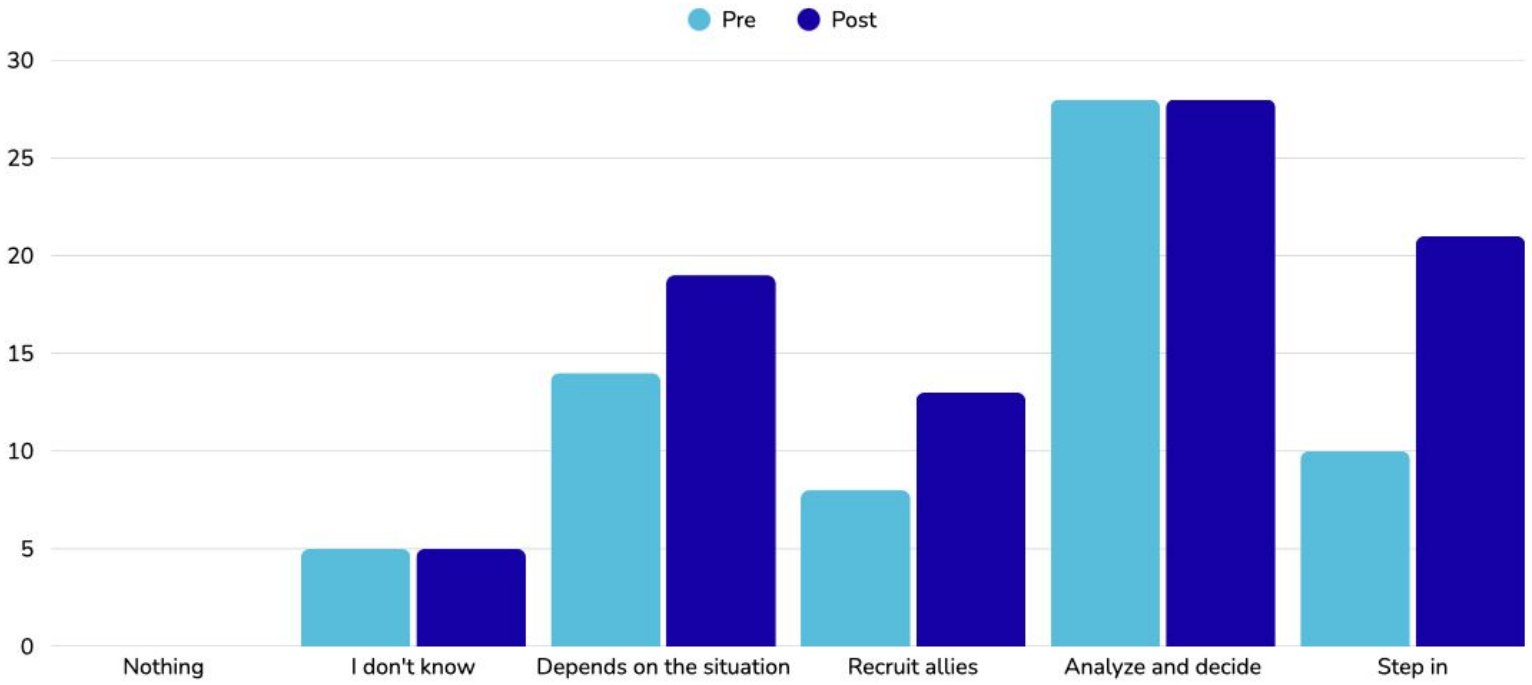


Rate of Active Bystandership Findings

- Post-training, more participants agreed that people step in, indicating an increased perception of community action.
- Overall, the training appears to have improved participants' confidence in observing or recognizing bystander action in their community.

Active Bystandership Skills

What do you do when you see someone being harmed in your community?

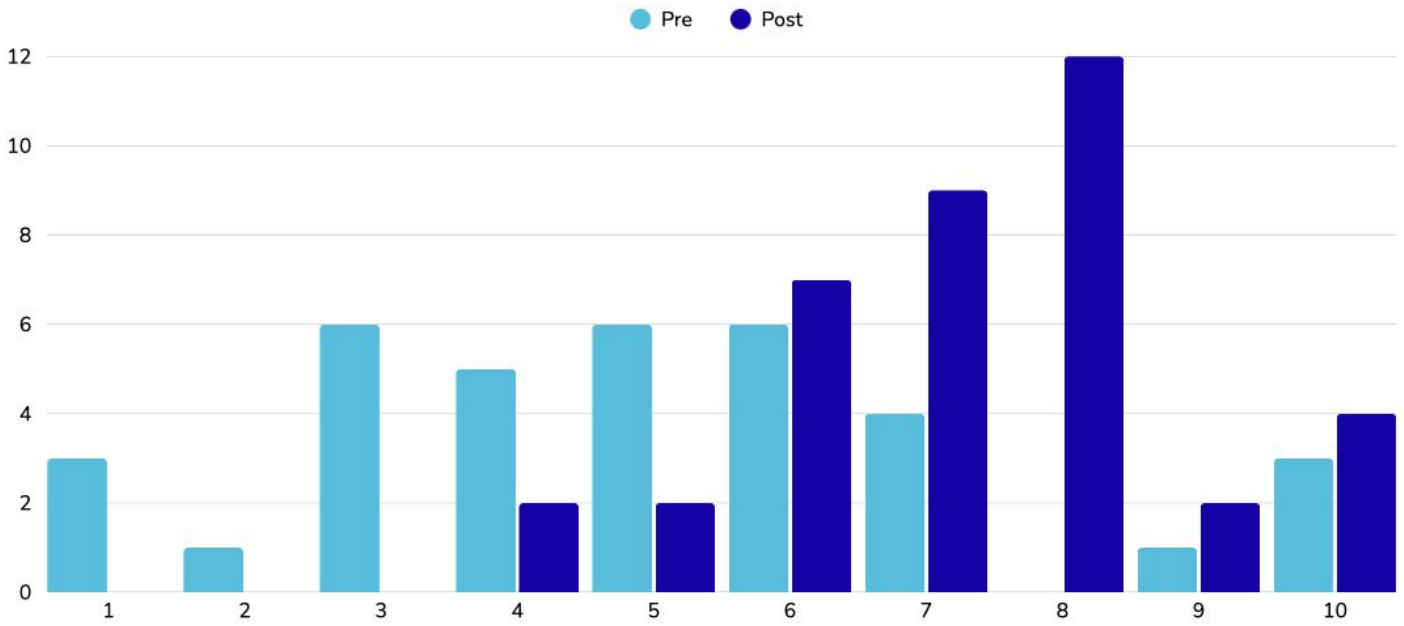


Active Bystander Skills Findings

- The training appears to have expanded participants’ practical skills, increasing both confidence and likelihood of active intervention, while maintaining critical situational awareness.

Active Bystander Confidence

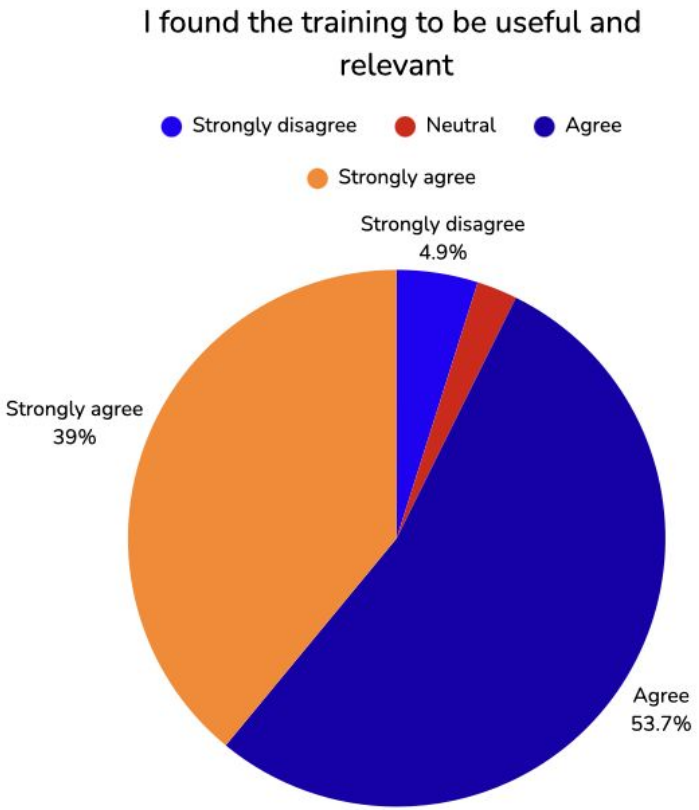
How confident are you to step in when harm is happening?
(1 = not confident at all, 10 = very confident)

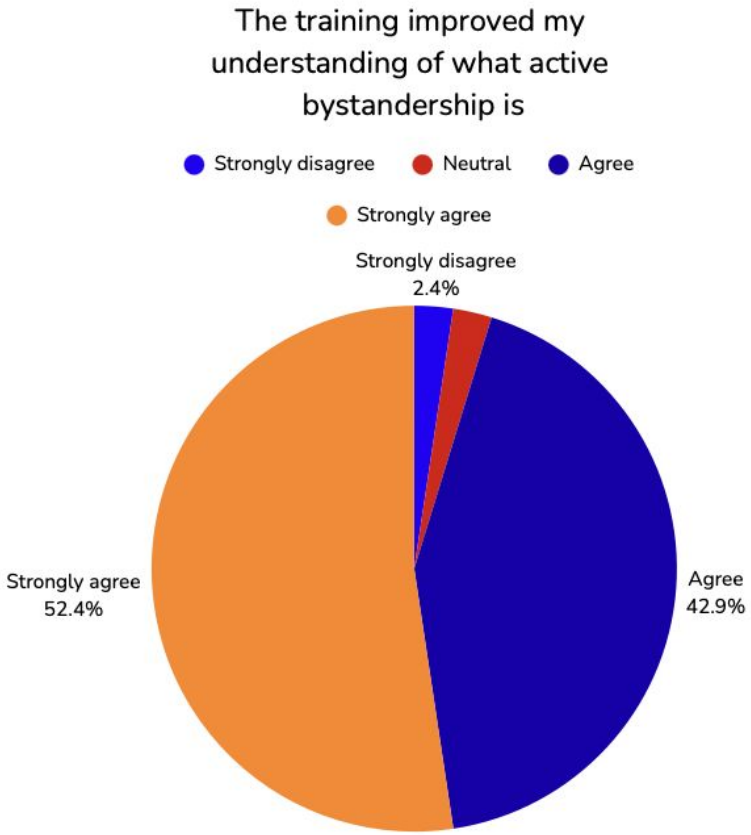


Active Bystander Confidence

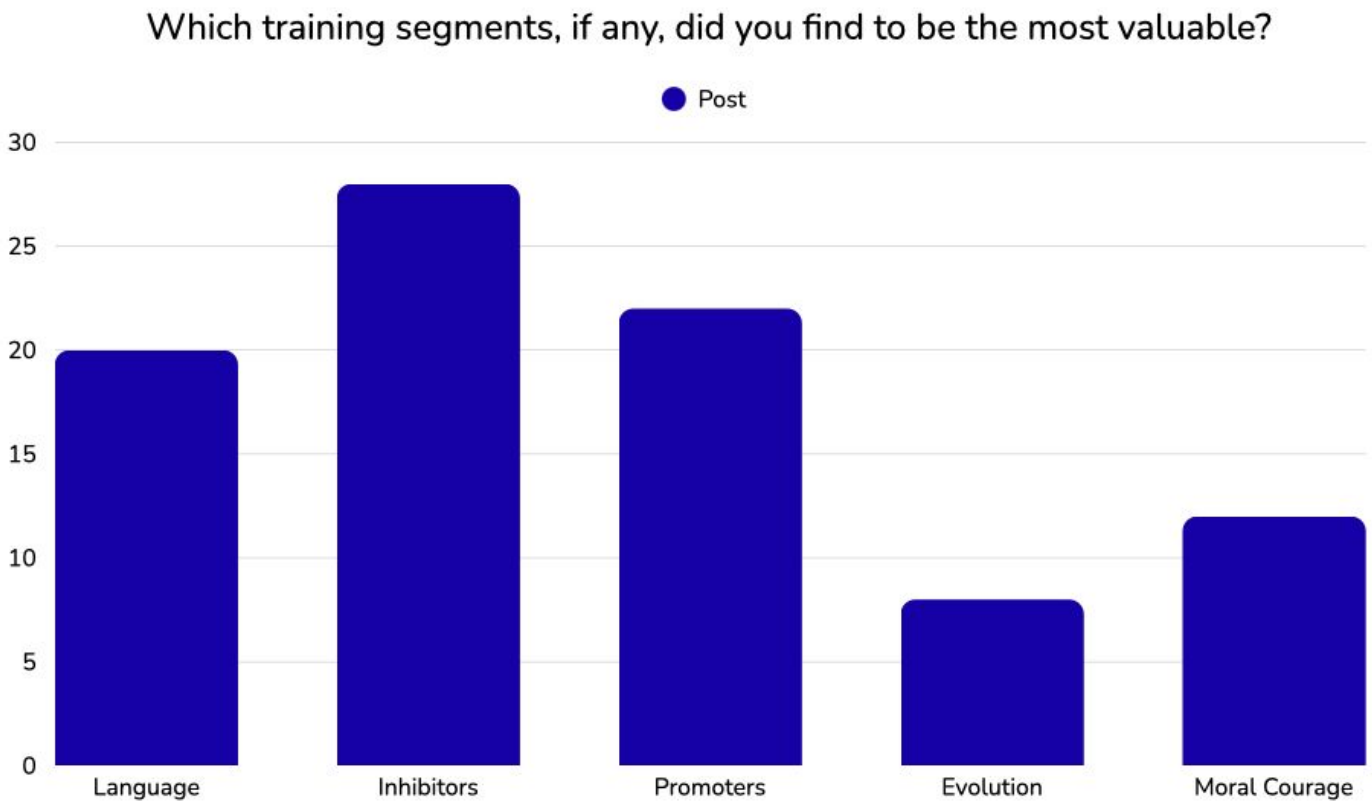
- Pre- mean = 5.08/10
- Post- mean = 7.28/10
- The average increase in confidence was 43.3%
- This increase suggests the training effectively boosted participants' confidence in recognizing and responding to harm, aligning with the increases in skills and intervention actions seen in previous questions.

Participant Feedback

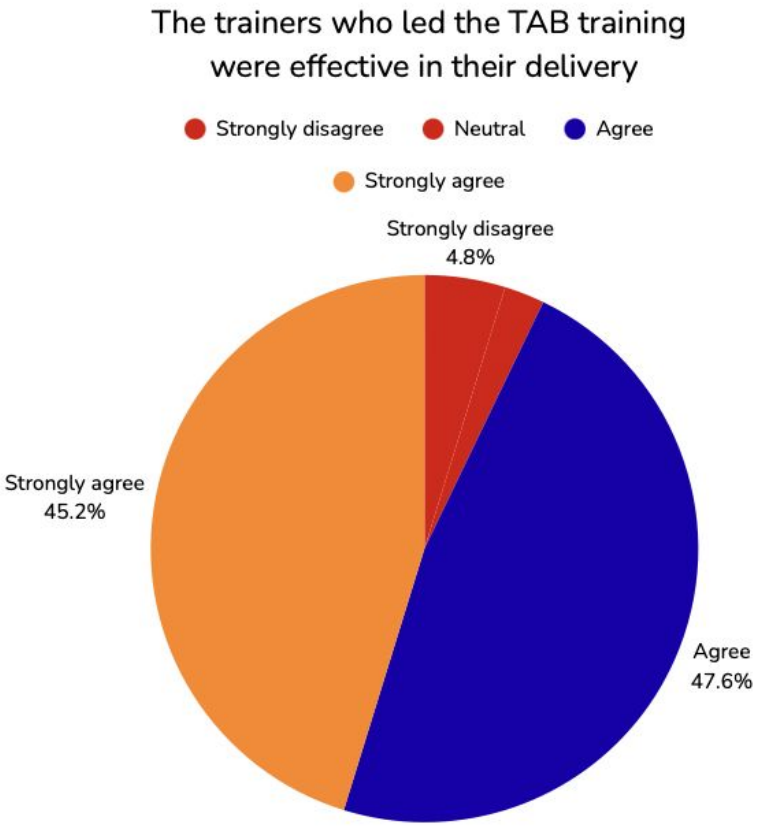


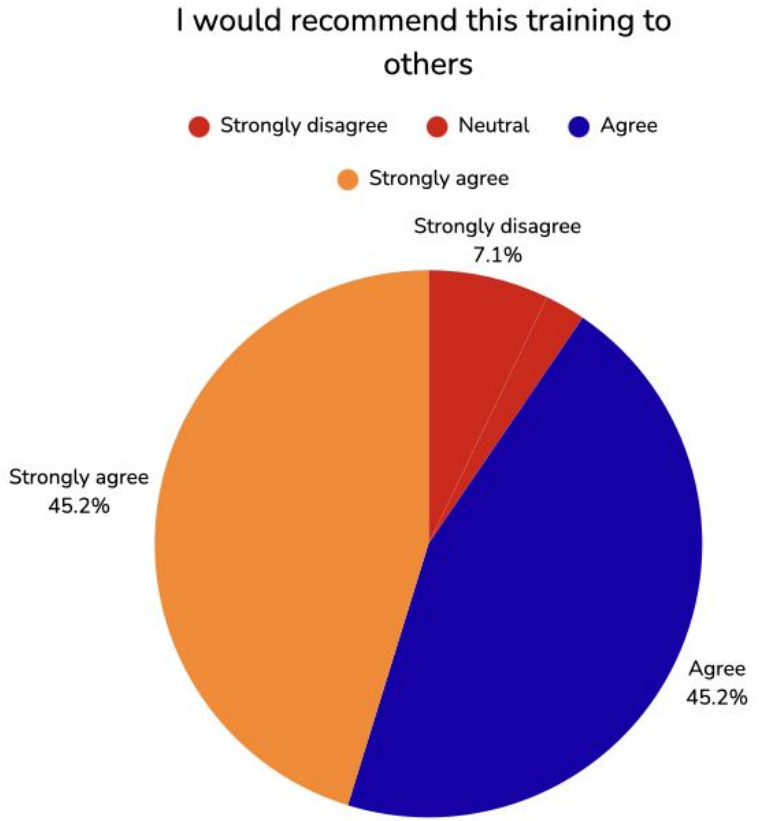


Participant Feedback



Participant Interest In TAB





Overall Findings

The Training Active Bystanders Workshop was designed to:

1. Increase participants' understanding of active bystandership
2. Build confidence in recognizing and responding to harmful situations
3. Promote practical skills for analyzing situations, acting in the moment, and recruiting allies
4. Deliver content effectively and engage participants in relevant and valuable learning experiences

Survey results demonstrate meaningful shifts across all key areas. The training effectively increased knowledge, skills, and confidence for active bystandership. Participants are more prepared to analyze, act, and engage allies when harm occurs, and feedback indicates high satisfaction and applicability of the content. The results also show a strong potential for continued skill development and broader community impact.