

Just 4 Everyone

tab

Training Active Bystanders

A program of Gathering Currents, Massachusetts

email director@gatheringcurrents.org

web www.TrainingActiveBystanders.org | www.Just4EveryoneAthletics.org | www.GatheringCurrents.org

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EVALUATION

Springfield College
Athletic Counseling
Training 4 Trainers

1/19/2026

Training Active Bystanders (TAB) Training for Trainers

Athletic TAB T4T - 8-hour workshop

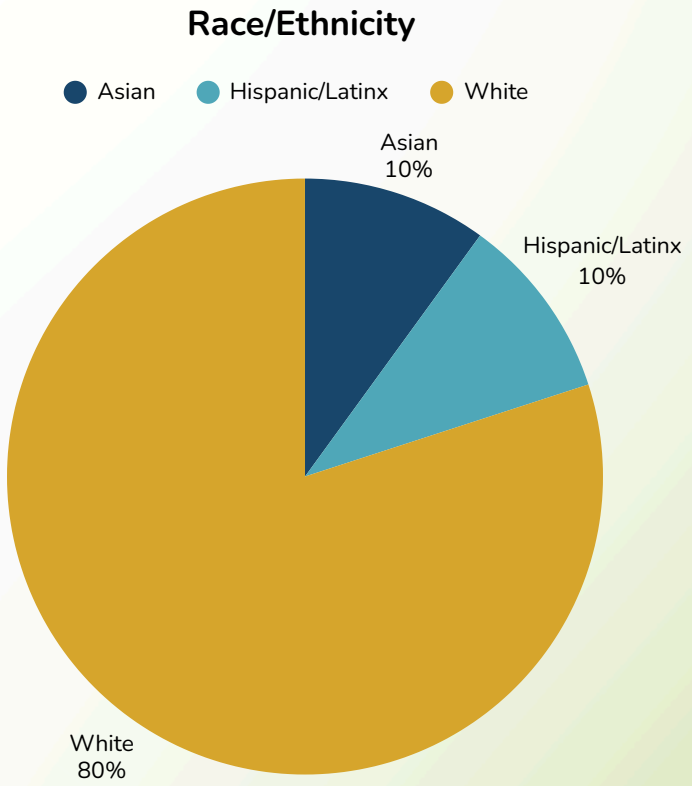
- Training Active Bystanders (TAB) equips people with the skills, confidence, and tools to recognize harm and take action to prevent or interrupt it. Through interactive, discussion-based training, participants explore the choices available to them as bystanders, the barriers that can make action difficult, and the ways they can help create safer, more inclusive communities.

- Training for Trainers Athletic TAB Workshop. 10 participants, 80% response rate. Participants from Springfield College's Me.d. Clinical Mental Health Counseling, Athletic Counseling concentration.

- Instructors: Lilly Fellows, Karlie Baranowski

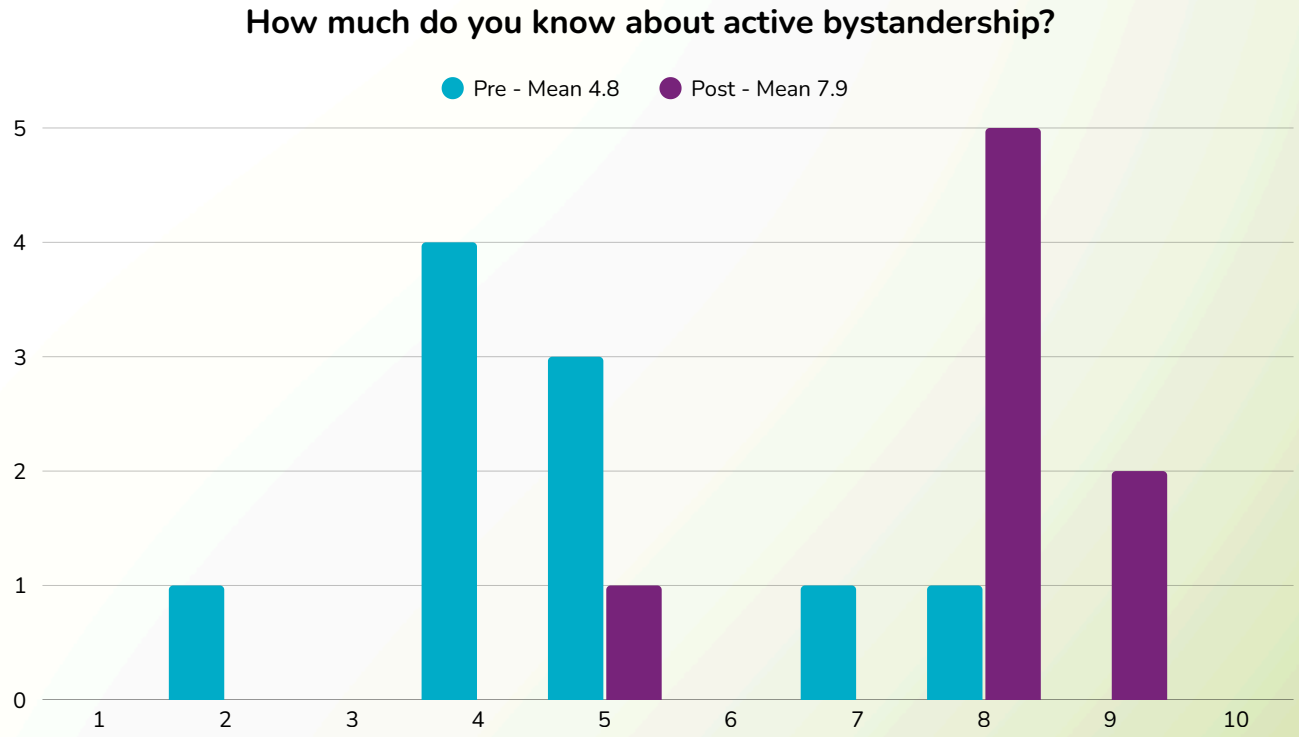
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Demographics



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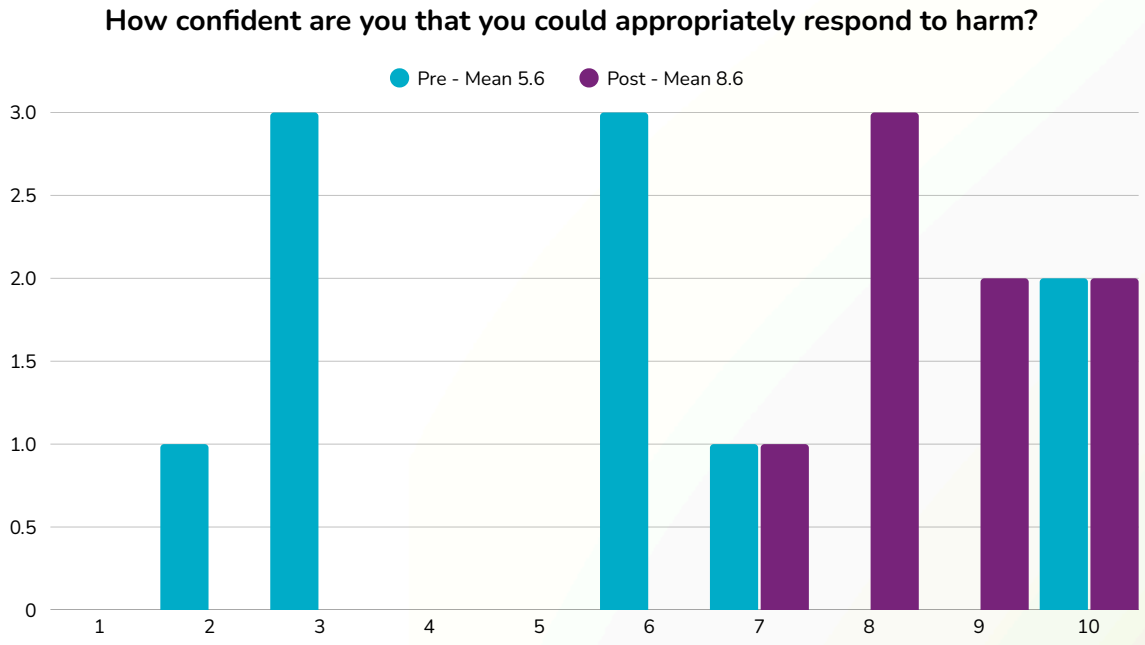
Understanding Active Bystandership



- Participants demonstrated a strong understanding of active bystandership following the training, with average knowledge scores increasing from 4.8 to 7.9 (a 64.6% increase).

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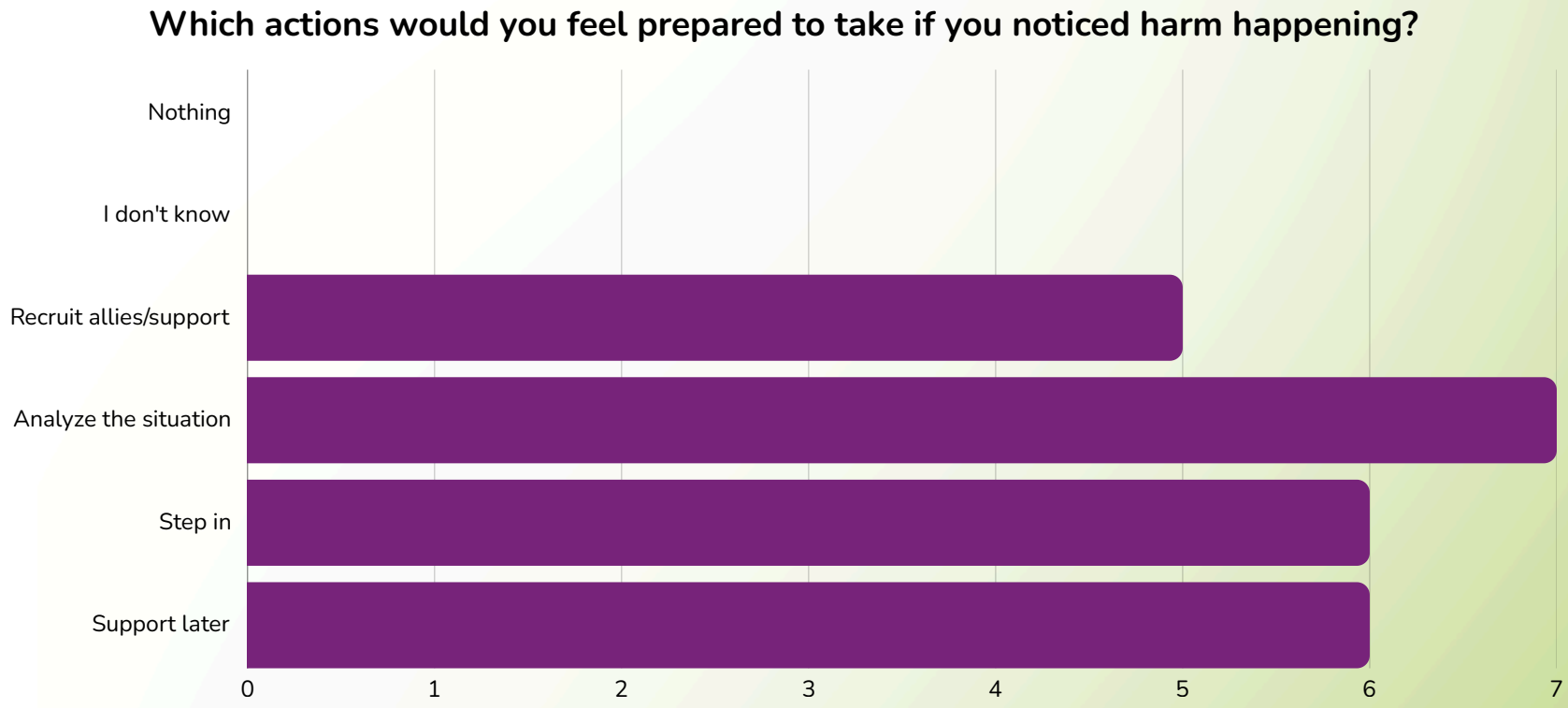
Intervention skills





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Intervention skills



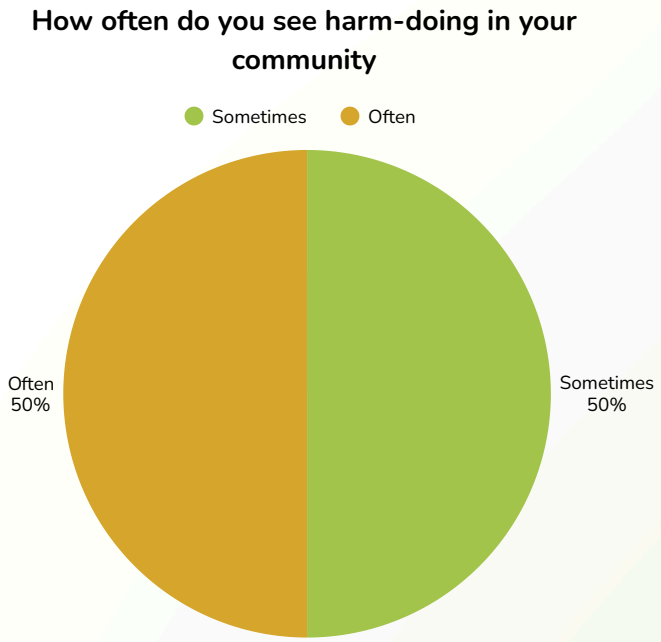
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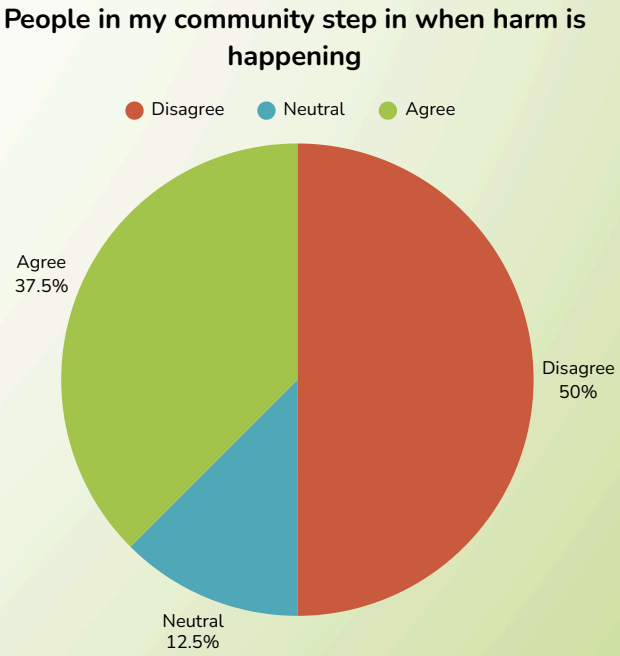
Intervention Skills

- 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 53.6% (from 5.6 to 8.6).
- Participants' confidence in their ability to recruit allies increased by 41.9% (from 6.2 to 8.8).
- 100% of participants selected at least one positive bystander response, suggesting participants felt prepared to take action.

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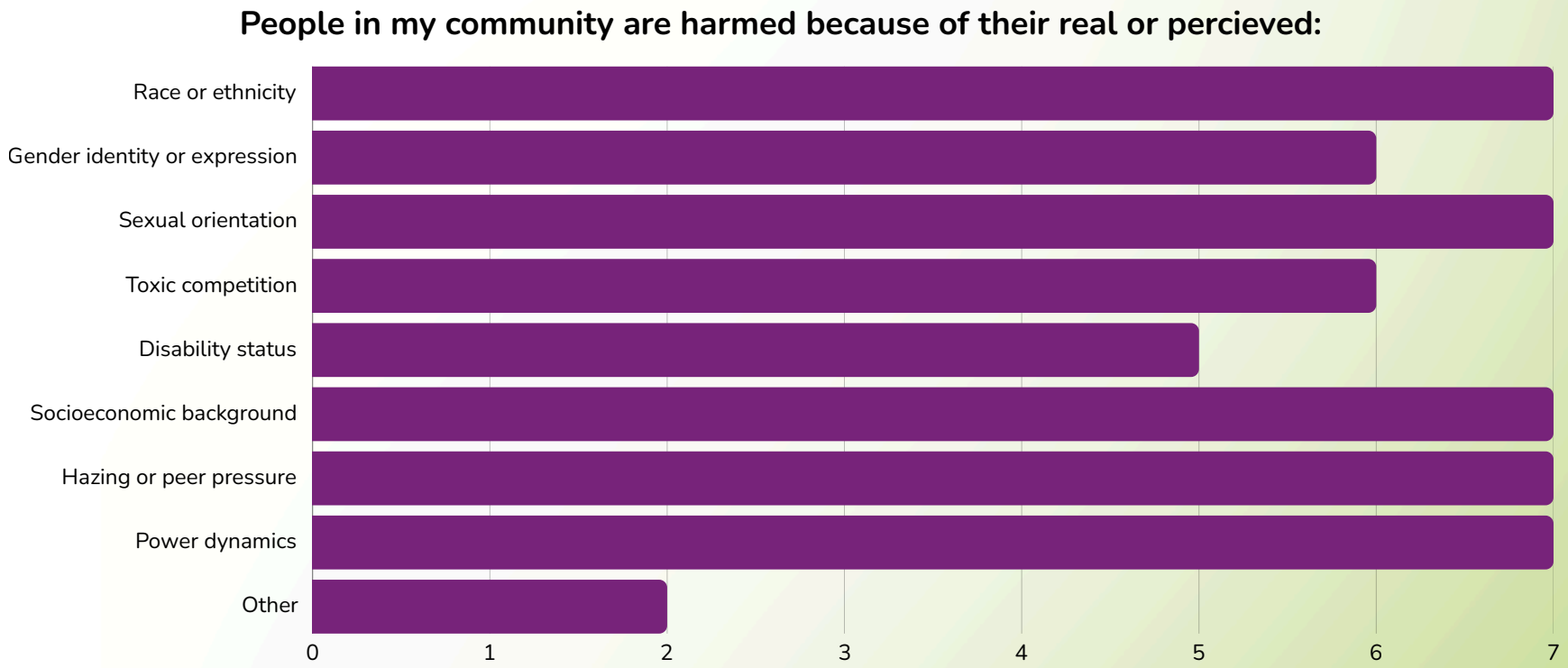
Community Culture





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Community Culture



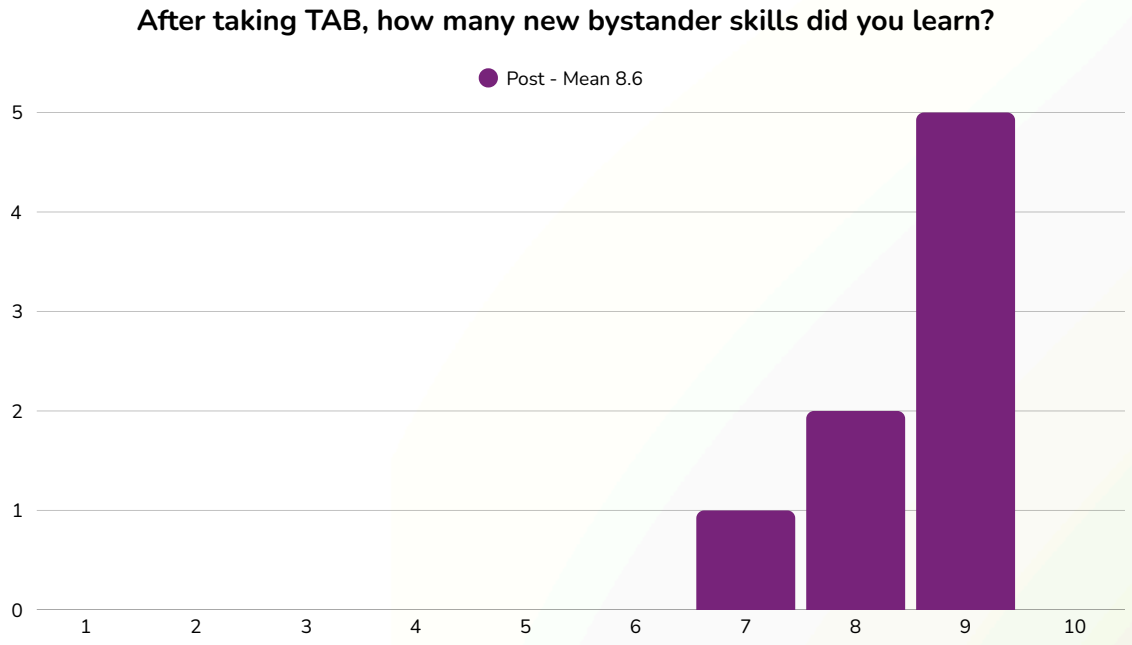
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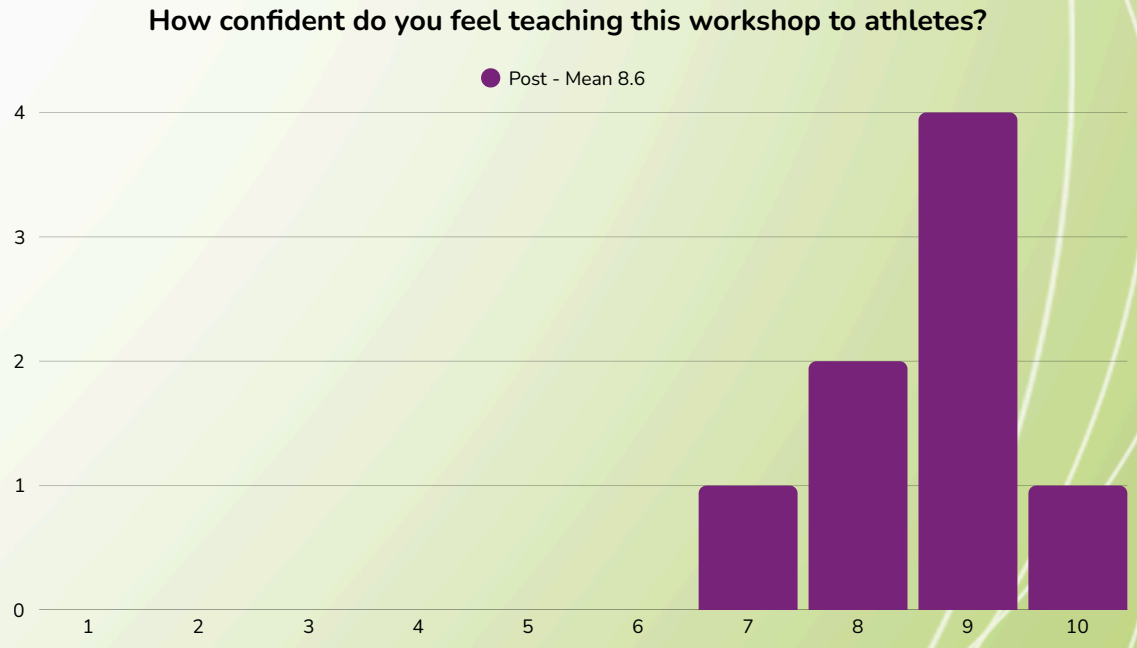
Community Culture

- 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.
- This reinforces the importance of TAB's work in shifting community culture from passive awareness toward collective responsibility and active bystandership.

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Training Effectiveness





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Qualitative Responses - Participant Takeaways

Participants reflected on how active bystandership applies to athletic environments, highlighting a greater awareness of the ways harm can occur and the different ways individuals can respond.

- **Recognizing harm in athletics:** Participants identified toxic competition, teasing, and other normalized behaviors as forms of harm that may be overlooked in athletic spaces.
- **Navigating uncertainty:** Participants highlighted the role of confusion, particularly when it can be difficult to distinguish between harmless joking and behavior that is causing harm.
- **Expanding intervention strategies:** Participants gained awareness of different approaches to intervention, and recognized opportunities to apply these skills beyond athletics.
- **Building moral courage:** Participants reflected on the complexities of moral courage and the importance of looking and listening with greater intention, even in unexpected settings.


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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!

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www.GatheringCurrents.org

Send us a message
director@GatheringCurrents.org