



## STEP UP! Preliminary Evaluation Data

Some preliminary training evaluation results are in and they are very positive – STEP UP! appears to be working! Here are some key findings (n= 49 student-athletes):

When asked, “Since the training have you done “X” More than, Less than or Same as before the training” here were their responses to MORE THAN before the training:

- Are aware of situations - 73.5%
- Investigate ambiguous situations - 60.4%
- Assume Personal responsibility - 66.7%
- Know How to Help - 77.5%
- STEP UP! and Help - 58.3%
- I consider another person’s perspective – 61.2%
- I STEP UP! when told to do something I feel is wrong – 68.8%

The 3 top reasons for intervening were:

1. It was the right thing to do
2. I would want someone to help me in that situation
3. Someone needed help.

Top 3 reasons why they didn’t intervene:

Drinking

1. Person didn’t accept help
2. Didn’t know how
3. Didn’t know when

Hazing

1. Was afraid of embarrassing myself
2. Believed others weren’t bothered
3. Fear of retaliation

Sexual Assault

1. Felt my involvement would put my safety at risk
2. None of my business
3. Afraid I wouldn’t be supported

Discrimination

1. Fear of retaliation
  2. Didn’t have confidence to intervene
  3. Assumed someone else would do something
- Felt my involvement would put my safety at risk  
Afraid I wouldn’t be supported

Feel it is my responsibility to intervene with (% that answered agree or strongly agree):

Friend – 100%

Stranger – 73%

Teammate or Chapter/Student Organization member: 100%

Other student: 85%

The 3 most useful concepts were:

1. The 5 Steps
2. Strategies for Effective Helping

### 3. The Power of Conformity

The 3 most effective training methods were:

1. Videos
2. Discussion of Scenarios
3. Clickers