

WINGMAN INTERVENTION PRINCIPLES

TOOLS TO ENCOURAGE A PROACTIVE CULTURE OF CHANGE

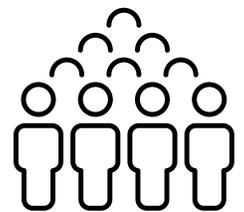
WINGMAN INTERVENTION DEFINED

The goal is to reduce the number of people who experience interpersonal violence by providing unit members with strategies they can apply to create a safe and respectful environment.



CREATING A SAFE WORKPLACE

In order to create a culture that reduces sexual assault and domestic violence, EVERYONE must actively engage - culture change occurs when a lot of people each do one small thing that adds up!



CONCERNING BEHAVIORS

Signs of sexual assault and domestic violence are not always clearly evident. Often, the signs are subtle and can be mistakenly viewed as innocent in nature. Wingman Intervention calls for unit members to speak up when they observe concerning behavior or when something just seems “off”.



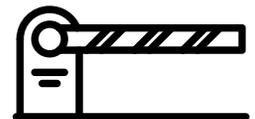
BARRIERS

We may experience challenges that stop us from getting involved. Three types of barriers include:

Personal Barriers: Being introverted, or afraid of physical escalation or retaliation, or being unsure, not wanting to make a scene or embarrass yourself.

Relationship or Social Barriers: not wanting to break an unspoken rule in your group, being perceived as the squeaky wheel or feeling uncomfortable confronting a buddy.

Organizational Barriers: Rank/grade, lack of support in your unit, or concerns about impact on your career.



ACTIONS TO TAKE

When you see a concerning behavior, there are actions you can choose to take that will be realistic for you. Even if you are hitting up against one of your barriers, the following tools to are designed to provide you with options.

DIRECT

Do something yourself, like ask someone to stop what they are doing or check on someone you might be worried about.

DELEGATE

If you cant do something directly because of your barriers, ask their friends to help. Talk to a trusted First Sergeant, Commander/Leader or a coworker.

DISTRACT

If you do not want to address the situation directly, try to think of a distraction that an diffuse the situation or calm things down in the moment.

FOOD FOR THOUGHT

The important thing is not necessarily what you do, but that you do something! Be realistic about what you will and will not do and spend time thinking about options that work for you.

No one has to do everything, *but everyone has to do something!*

MILITARY AND CIVILIAN SUPPORT AGENCIES

Violence Prevention Integrator. *Available to all military and civilian employees.* Can provide further information on Wingman Intervention and other violence prevention efforts on the installation.

Ms. Julie Pinchak, 75ABW/CVB 801-775-5279

Air Force Employee Assistance Program (EAP). *Available to civilian employees and their family members.* Offers short-term counseling and services to assist with work/life balance. Available 24/7/365 at www.afpc.af.mil/eap or 1-866-580-9078.

Military OneSource. *Available to military and their dependents.* Offers short-term counseling and services to assist with work/life balance. Available 24/7/365 at www.militaryonesource.mil or 1-800-342-9647.

Sexual Assault Prevention and Response (SAPR). *Available to military, adult dependents of military and AF civilian employees.* Available 24/7/365. You can contact the DoD Safe Helpline at 1-877-995-5247 or visit safehelpline.org to be connected to your local SAPR office. 801-777-1985