

Critically Conscious Bystander Scale (CCBS) – Lifetime Format

For the following questions you will be asked to consider both sexual assault and sexual harassment. For the purposes of this study the term **sexual harassment** will be as a broad concept that includes verbal, visual, and physical acts. This can include any of the following: voyeurism (when someone watches private sexual acts), exhibitionism (when someone exposes themselves in public), unwanted sexual comments, and touching a person without their consent (e.g., grabbing someone's breasts or butt). **Sexual** assault will be used to refer to unwanted sexual touching, forced sex acts, and attempted or completed rape (sexual penetration without consent).

You will now be asked a series of questions related to behaviors you may or may not have done in the past. Please answer the question to the best of your ability using the available answer choices.

1. In your lifetime, how often have you intervened to prevent possible sexual harassment (as defined above)?
 - Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)

2. In your lifetime, how often have you approached someone who you thought may be being sexually harassed to see if they are okay?
 - Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)

3. In your lifetime, how often have you intervened to prevent a possible sexual harassment, despite noticing that other people around me did not seem concerned about what was happening?
 - Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)

4. In your lifetime, how often have you intervened in some way because you felt that someone was at risk of being sexually harassed?
 - Never
 - Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)

5. In your lifetime, how often have you intervened to stop someone from doing things that might meet the definition of sexual harassment?

Never

Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)

6. In your lifetime, how often have you intervened to stop someone's actions in order to prevent a possible sexual harassment?

Never

Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)

7. In your lifetime, how often have you engaged others in conversations about sexual harassment?

Never

Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)

8. In your lifetime, how often have you spoke up when you heard people make false statements about sexual harassment (i.e., women feel complimented when men yell at them when they are walking down the street OR women only accuse someone of sexual harassment at work to get a settlement check)?

Never

Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)

9. In your lifetime, how often have you encouraged others to speak up more when they hear people make false statements about sexual harassment (i.e., women feel complimented

when men yell at them when they are walking down the street OR women only accuse someone of sexual harassment at work to get a settlement check)?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

10. In your lifetime, how often have you discussed sexual harassment with others?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

11. In your lifetime, how often have you engaged others in conversations about sexual assault?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

12. In your lifetime, how often have you spoke up when you heard people make false statements about rape or sexual assault (i.e. if the rapist doesn't have a weapon, you can't call it a rape.)?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

13. In your lifetime, how often have you encouraged others to speak up more when they hear people make false statements about rape or sexual assault (i.e. if the rapist doesn't have a weapon, you can't call it a rape.)?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

14. In your lifetime, how often have you discussed rape/sexual assault with others?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
15. In the your lifetime, how often have you reminded your friends to take action to reduce their sexual assault risk?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
16. In your lifetime, how often have you confronted someone you because you heard them blame the survivor for a rape or sexual assault (i.e. making comments like ‘did you see what she was wearing’ or ‘she shouldn’t have had so much to drink’)?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
17. In your lifetime, how often have you attempted to distract someone whose safety you were concerned about (e.g., asking them where they bought their clothing or if you know them from somewhere)?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
18. In your lifetime, how often have you approached someone to tell them that their advances (e.g. flirting, touching, etc.) are unwanted?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)

19. In your lifetime, how often have you intervened in any way to stop someone from continuing to make inappropriate sexual comments to someone else?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

20. In your lifetime, how often have you created a distraction in an attempt to disrupt a potentially dangerous situation (e.g., you saw someone pressuring someone else to leave a party or bar with them)?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

21. In your lifetime, how often have you decided to say or do something because you saw someone 'hitting on' a person that was very intoxicated?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

22. In your lifetime, how often have you reminded someone that a person who is drunk cannot consent to sex?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

23. In your lifetime, how often have you intervened to stop someone from acting in a sexually inappropriate manner toward another person?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

24. In your lifetime, how often have you worked to change the subject when you heard people talking about women in sexually degrading ways?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

25. In your lifetime, how often have you changed the subject when you heard people talking about women in sexually degrading ways?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

26. In your lifetime, how often have you engaged others in conversations about sexual consent and what it means?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

27. In your lifetime, how often have you attended a presentation, lecture, or workshop focusing on sexual assault or harassment?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

28. In your lifetime, how often have you encouraged a friend to come home with you from a party or bar because you were worried about their safety?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

29. In your lifetime, how often have you discouraged a friend from going to a private location with an acquaintance when they are intoxicated?
- Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)
30. In your lifetime, how often have you attended a rally to raise awareness for the issues of sexual assault or harassment (e.g. Take Back the Night)?
- Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)
31. In your lifetime, how often have you attended a 5K walk to raise awareness for the issues of sexual assault or harassment?
- Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)
32. In your lifetime, how often have you helped to plan an event to help raise awareness about rape/sexual assault or harassment?
- Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)
33. In your lifetime, how often have you volunteered to help at an event to help raise awareness about rape /sexual assault or harassment?
- Never
 - Once In A While (less than 10% of the time)
 - Sometimes (10-25% of the time)
 - A Lot (26-49% of the time)
 - Most of the Time (50-70% of the time)
 - Almost all of the Time (more than 70% of the time)

34. In your lifetime, how often have you invited friends or family to an event to raise awareness about sexual assault or harassment?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
35. In your lifetime, how often have you donated or helped to raise money for an organization working to raise awareness about rape /sexual assault or harassment?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
36. In your lifetime, how often have you shared a personal story about your own experience with rape /sexual assault or harassment?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
37. In your lifetime, how often have you attended a play or movie that centered on the topic of rape/sexual assault or harassment (e.g. The Vagina Monologues, The Hunting Ground)?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)
38. In your lifetime, how often have you purchased a t-shirt or promotional items (e.g. a water bottle, stickers, etc.) from a campaign that is working to raise awareness about sexual assault or harassment?
Never
Once In A While (less than 10% of the time)
Sometimes (10-25% of the time)
A Lot (26-49% of the time)
Most of the Time (50-70% of the time)
Almost all of the Time (more than 70% of the time)

39. In your lifetime, how often have you been involved with a student organization that discusses issues such as rape/sexual assault or harassment?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

40. In your lifetime, how often have you volunteered to work with an organization that supports survivors (i.e. your local rape crisis center)?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

41. In your lifetime, how often have you followed an organization online because they are focused on the issues of rape/sexual assault or harassment?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

42. In your lifetime, how often have you been involved with an organization (not on campus) that is working to raise awareness about rape/sexual assault or harassment?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

43. In your lifetime, how often have you checked out any apps available to either raise awareness about or help prevent sexual assault or harassment?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

44. In your lifetime, how often have you and your friends used a signal to let each other know if you are concerned one of you may be too drunk to make safe choices?

Never

Once In A While (less than 10% of the time)

Sometimes (10-25% of the time)

A Lot (26-49% of the time)

Most of the Time (50-70% of the time)

Almost all of the Time (more than 70% of the time)

Scoring Instructions:

Sexual Harassment Bystander Behaviors Scale: Sum items 1-6

Consciousness Raising Scale: Sum items 7-16, 24-26

Advocacy/Activism Scale: Sum items - 27, 30-43

Sexual Assault Bystander Behaviors Scale: Sum 17-23, 28-29, 44

Overall: Sum items 1-44