2011 Campaign HURTS ONE. AFFECTS ALL.







U.S. COAST GUARD Poster Facilitator's Guide

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INTRODUCTION

Purpose of the SAAM 2011 Coast Guard posters:

- Explain the toll sexual assault has on mission readiness,
- Reinforce the idea of acting as a team,
- Demonstrate bystander intervention,
- Stress collective responsibility for prevention,
- Provide educational tools for SARCs and/or SAPR Victim Advocates (SAPR VAs),
- Identify SARCs and/or SAPR VAs, provide their contact info, and
- Provide information for additional resources.

This facilitator's guide is meant to assist Coast Guard Sexual Assault Response Coordinators (SARCs) and/or SAPR Victim Advocates (SAPR VAs) who use the DoD 2011 Coast Guard posters in trainings and briefings.

INSTRUCTIONS:

- 1. Use the posters as training aids to help reinforce what people may have only briefly seen and read. People need to see a message as many as seven times before they fully capture the information.
- 2. Start by communicating that when discussing sexual assault, it is possible that people might feel uncomfortable or even offended. Stress that changing attitudes and behaviors requires open discussion.
- 3. Explain the range of actions that fall under sexual assault. Also, acknowledge that given the statistics, it is likely that there are people in the room who are survivors of sexual assault or who know survivors (you can ask those who know people who have been sexually assaulted to raise their hands; it is valuable for participants to see). Make it clear that if the training distresses anyone, they should feel free to leave the room as long as needed.
- 4. Start discussion of a poster by first addressing elements at the top of it and then moving down, ending at the bottom of the page. (This guide follows that format.)
- 5. Ask the questions below to get your audience started. The bullets following the questions can be used to explore topics and facts, prompt participants, or validate their responses.

PRIMARY CAMPAIGN THEME



QUESTION: WHAT DOES A TYPICAL SEXUAL ASSAULT LOOK LIKE IN THE COAST GUARD?

- Sexual assault usually involves a junior enlisted victim and junior enlisted perpetrator—but can happen to anyone.
- The victim and perpetrator usually know each other as friends, co-workers, or acquaintances.
- Most interactions that lead to sexual assault begin in social settings.
- Many sexual assaults occur after the victim and/or perpetrator have been drinking.
- While the majority of sexual assault *reports* are made by women, the sexual assault of men actually occurs in <u>greater numbers</u> in the Department than the sexual assault of women.

QUESTION: HOW DOES A SEXUAL ASSAULT HARM AN INDIVIDUAL?

- Physical injuries and sexually transmitted infections can sometimes occur.
 - While some sexual assaults can result in very serious injury, many involve minor or non-visible injuries to victims.
- Psychological injuries may occur immediately following the assault <u>and/or</u> several weeks or months later. They often do not resolve without treatment—victims cannot just "get over it" rather victims often suffer in silence.
 - Fear, irritability, confusion, and sleep disruption, may often occur during or immediately following the assault.
 - In about one third of cases, victims may experience post-traumatic anxiety symptoms that interfere with their work, social or home life. Some victims may also experience serious depression or problems with alcohol and substances as they try to reduce the intensity of the symptoms.

QUESTION: WHAT DO YOU THINK THIS THEME MEANS IN RELATION TO SEXUAL ASSAULT?

- Sexual assault happens directly to an individual, but can indirectly affect everyone in a unit, as well as the victim's family and friends.
- Sexual assault can have a long term impact on our fellow Guard members and on the military as a whole.

- Sexual assault is a readiness issue because it diminishes the Coast Guard's ability to function proficiently at all levels: individual, unit, and command.
- Almost daily there is an article on sexual assault in the military in the media, and so sexual assault damages the reputation of the institution we are a part of and care about.

QUESTION: LET'S EXPLORE MISSION READINESS MORE. WHAT'S YOUR UNDERSTANDING OF MISSION READINESS?

- A unit is "mission ready" when it can deploy quickly and efficiently, determining its competence to intervene in combat situations.
- DoD's mission is to provide the military forces needed to deter war and to protect the security of our country.
- The Coast Guard's mission is to safeguard our Nation's maritime interests in the heartland, in the ports, at sea, and around the globe.
- Our mission not only includes national defense, but the defense and safety of the Americans who voluntarily risk their lives for our country.

QUESTION: WHAT ARE ALL THE WAYS SEXUAL ASSAULT HAS AN IMPACT ON MISSION READINESS?

- The mention of mission readiness together with the toll sexual assault takes on the victim is not meant to be callous, but we all need to understand the far reaching impact a sexual assault can have on the victim and everyone else.
- Sexual assault might not have happened in someone's unit, but unfortunately if a Guard member sticks around long enough, he or she is likely to see it at some point in their career, and we want everyone in the Coast Guard to be prepared to respond or prevent it from happening in the first place.
- There is a connection between sexual assault and mission readiness:
 - There is a possible loss of trust in the victim, unit members, or leaders.
 - Victims and subjects may not be available to do their jobs in a unit that already does not have enough people.
 - Victims and subjects may be permanently unable to fulfill their obligation to the military due to their physical condition, mental state, or incarceration.
 - A sexual assault can undermine strategic good will. Examples include:
 - Japan's hesitation to renew bases in Okinawa and
 - Strained relations in Iraq because of incidents of sexual assault and murder of foreign nationals.
 - ☐ International problems caused by the actions of a few are often preventable if people act when they see questionable behavior.
- Sexual assault diminishes leadership's ability to focus on the mission because the seriousness of the crime and the safety issues involved appropriately demand a commander's full attention.
- There may be a larger issue of mistrust in peers and leadership that keeps a Service member from reporting the incident, either Restricted or Unrestricted.

COAST GUARD SLOGAN

WE STAND BESIDE OUR SHIPMATES

QUESTION: WHAT DOES THIS SLOGAN MEAN TO THE COAST GUARD AND TO YOU?

- It means valuing and caring about every member of the Coast Guard family.
- It means that everyone must respect one another before we can successfully work together as a team
- Our missions will be more successful, and we will work better as a team when everyone is treated fairly and appreciated.
- Positive attitudes, pride, and enthusiasm will lead to great command and work environments.
- Standing beside your Shipmates is part of the Coast Guard's core values of honor, respect, and devotion to duty.

QUESTION: HOW DOES THE SLOGAN RELATE TO SEXUAL ASSAULT?

- If every Coast Guard member values and cares about every other member, he or she will positively intervene when someone is starting to cross the line with a Shipmate.
- If all Coast Guard members treat every other member with respect, they will play a vital role in creating a Coast Guard culture in which sexual assault is not tolerated.
- Perpetrators of sexual assault rely on <u>your</u> INaction to ensure they can have their way with a victim.
 - Your quick action is not meddling it is rescuing a fellow Shipmate.

BYSTANDER INTERVENTION MESSAGES

Each of the four Coast Guard posters includes an action statement that is a bystander intervention message:

- Poster A: And will get any Shipmate away from someone pushing drinks.
- Poster B: And will intervene when anyone crosses the line with a fellow Shipmate.
- Poster C: And will call for help if a fellow Shipmate is in trouble.
- Poster D: And expect all our Shipmates to do the same.

QUESTION: WHAT IS BYSTANDER INTERVENTION?

- Bystander intervention is a strategy the Department of Defense has launched in an all out effort to get its people to engage in preventing sexual assault.
- It is part of what all members of the Coast Guard can do to stand by their fellow Shipmates.
- Active bystanders take the initiative to help someone who may be targeted for a sexual assault. They do this in ways that are intended to avoid verbal or physical conflict.
- Active bystanders also take the initiative to help friends, who aren't thinking clearly, from becoming perpetrators of crime.
- Intervention does not mean that you directly intervene to stop a crime in progress; rather, these steps are "early intervention"—before the crime begins to occur.
- There are three important components to Active Bystander Intervention we refer to as the ABCs:
 - Assess for safety. Ensure that all parties are safe, and whether the situation requires calling authorities. When deciding to intervene, your personal safety should be the #1 priority. When in doubt, call for help.
 - **B**e with others. If it is safe to intervene, you are likely to have a greater influence on the parties involved when you work together with someone or several people. Your safety is increased when you stay with a group of friends that you know well.
 - Care for the victim. Ask if the victim of the unwanted sexual advance/attention/ behavior is okay – does she or he need medical care? Does he or she want to talk to a Sexual Assault Response Coordinator (SARC) or SAPR Victim Advocate (SAPR VA) to see about reporting the matter? Ask if someone they trust can help them get safely home.

QUESTION: WHAT ARE SOME RESPONSE STRATEGIES FOR INTERVENTION?

- As you read through the facilitator's guide, you will see several response strategies that will be
 introduced during the discussion of bystander intervention. If we are going to help someone who
 may be targeted for a sexual assault or help friends from becoming perpetrators of sexual assault,
 having some non-violent strategies on hand for intervening makes taking action easier.
- Here is a quick reference list of all the strategies that will be covered in reference to the posters and some additional strategies:
 - **DISRUPTION AND REMOVAL**: disrupting the situation with a reason or excuse that allows you to remove the potential victim or perpetrator from the scene.

- **WE'VE ALL NOTICED...**: speaking as a group to someone about his or her troubling behavior.
- **BRING IT HOME**: comparing how a potential perpetrator might want someone close to him treated (a sister, mother, etc.) with how he or she is treating a potential victim.
- **APPEAL TO AUTHORITY**: reaching out for assistance from someone in authority to help a potential victim or stop a potential perpetrator.
- Here are additional strategies not covered in relation to the Coast Guard posters:
 - STAY WITH US: making sure that everyone arrives together as a group and leaves together as a group.
 - MISSION READINESS: appealing to a sense of team and the effect on the team crossing the line has.
 - WE'RE FRIENDS, RIGHT...: taking a friend aside and expressing in a caring way that you want what is best for him or her and are worried he or she is going to get in trouble.

POSTER A: BYSTANDER INTERVENTION MESSAGE



MESSAGE: AND WILL GET ANY SHIPMATE AWAY FROM SOMEONE PUSHING DRINKS.

QUESTION:

WHAT ARE THE CONNECTIONS BETWEEN ALCOHOL AND SEXUAL ASSAULT?

- Many sexual assaults in the Department of Defense involve the use of alcohol by the victim, the perpetrator, or both parties.
- According to the 2006 DoD Gender Relations Survey, about one third of sexual assaults involve alcohol. Other data suggests the actual number of alcohol-facilitated sexual assaults may be much higher.
- According to the 2010 Service Academy Gender Relations Survey, about 51% of incidents at the
 U.S. Military Academy, 65% of incidents at the U.S. Naval Academy, and 48% of incidents at
 the U.S. Air Force Academy involving women, involved the use of alcohol.
- Alcohol lowers inhibitions—it makes it easier to force sex on an unwilling partner and to ignore "No."
- Alcohol impairs the ability to recognize potentially dangerous situations. When drinking, victims
 may not notice someone's persistent attempts to get them to an isolated location or to get them to
 consume more alcohol.
- Intoxication also makes it more difficult to successfully resist a sexual assault.
- The majority of sexual assaults are planned—even those that occur between people who know each other. The use of alcohol to facilitate a sexual assault may at first appear a coincidence—but the perpetrator often tries to ensure that alcohol is available.
- The goal of an outing is not to "get lucky" or "to score." Hitting on inebriated people is predatory behavior.

QUESTION: WHAT IS THE BYSTANDER SITUATION?

- Someone is trying to get a fellow Shipmate in the group drunk, possibly to lower his or her inhibitions to sexually assault him or her.
- Be especially suspicious of someone's behavior when he or she keeps buying drinks for a person who is already intoxicated.
- Perpetrators may try to "corner" the people they are targeting with drinks; that is, keep the potential victims away from friends, co-workers, or others who might come to assist.
- Perpetrators may try to put drugs in alcoholic beverages; if you see this happen, you need to alert the victim, the bartender, or an authority. Do not try to confront the perpetrator by yourself.
- If one Shipmate is pushing drinks on another to lower his or her inhibitions, this is what the drink pusher might be risking if a sexual assault occurs:
 - A reputation as someone who is not concerned about the well-being of Shipmates.
 - Responsibility for compromising mission readiness in his or her unit.
 - Demotion or expulsion.
 - Prosecution for sexual assault.
 - Imprisonment.

QUESTION: WHAT IS THE BYSTANDER INTERVENTION?

- They will get their Shipmate "away from" anyone targeting her or him with drinks, which is the DISRUPTION AND REMOVAL strategy. Examples:
 - Disrupt the situation by saying that there is something important you have to talk to the Shipmate about.
 - Disrupt the situation by saying that everyone is headed somewhere else, so the Shipmate's ride is leaving.
- In some situations it is best to separate a Shipmate from the potential perpetrator but remain on the scene. In other situations, it is best to remove a Shipmate from the scene altogether.
 - If a Shipmate is not drunk, let him or her decide whether to leave, although urge the Shipmate to stick with the group.
 - If the Shipmate is noticeably drunk, it would be best to take him or her home for reasons of safety.
- It is important *not* to use strategies that escalate into conflict. An intervention is successful when:
 - Someone is safely removed and/or behavior and attitudes are changed or disrupted, which will not happen if conflict is the end result.
 - The intervener also considers his or her own safety.
- There are ways other than the **DISRUPTION AND REMOVAL** strategy to intervene safely.
- It is important to make a plan to arrive together in a group and to leave together in a group, no matter what.

QUESTION: WHY SHOULD A FELLOW SHIPMATE INTERVENE?

- Every member of the Coast Guard family is valuable.
- The Coast Guard's mission readiness will be diminished if a sexual assault does occur.
- Standing beside Shipmates, which includes intervening, is part of the Coast Guard's core values of honor, respect, and devotion to duty.
- Every Shipmate can play a positive role in preventing sexual assault.

POSTER B: BYSTANDER INTERVENTION MESSAGE



MESSAGE: AND WILL INTERVENE WHEN ANYONE CROSSES THE LINE WITH A FELLOW SHIPMATE.

QUESTION: WHAT IS THE BYSTANDER SITUATION?

- Someone is behaving inappropriately with a Shipmate. Some examples of crossing the line include:
 - Refusing to take "no" for an answer—as in he or she does not want to have sex with him, go somewhere with him, or talk to him anymore.
 - Making an unwanted sexual advance or touching inappropriately.
 - Trying to pressure someone by using rank or fear to do something he or she does not want to do.
 - Making a sexually harassing comment or joke.
 - Trying to get someone off in a corner away from friends or others.
 - Trying to ply someone with too many drinks to get him or her drunk.
 - Trying to pressure someone by alluding that something is wrong with him or her if he
 or she does not enthusiastically agree.
- Shipmates should pay attention to their "gut feeling." If they are uncomfortable with the way someone is paying attention to a male or female Coast Guard member, their discomfort should lead them to action—just in the same way it would in a duty situation.

QUESTION: WHAT ARE POSSIBLE BYSTANDER INTERVENTIONS?

- Below are some ways Shipmates might intervene:
 - The WE'VE ALL NOTICED... strategy relies on a group sometimes being more influential than one individual. Example: "We've all noticed that it looks like you're about to cross the line with our Shipmate." This is more effective if several people in

- the group speak up and if the person crossing the line is not part of a group. If the person is part of a group, it could lead to an escalation of conflict.
- The **BRING IT HOME** strategy prevents a person from dehumanizing someone. Example: "What if somebody treated your sister that way?"
- The **DISRUPTION AND REMOVAL** strategy, described in the "Poster A: Bystander Intervention" section, might be useful.
- Interventions should not lead to conflict.
- There are strategies other than WE'VE ALL NOTICED..., BRING IT HOME, and DISRUPTION AND REMOVAL that might work in this situation.

QUESTION: WHY SHOULD A FELLOW SHIPMATE INTERVENE?

- The points made in reference to the first poster should be reinforced:
 - Every member of the Coast Guard family is valuable.
 - The Coast Guard's mission readiness will be diminished if a sexual assault does occur.
 - Standing beside Shipmates, which includes intervening, is part of the Coast Guard's core values of honor, respect, and devotion to duty.
 - Every Shipmate can play a positive role in preventing sexual assault.

POSTER C: BYSTANDER INTERVENTION MESSAGE



MESSAGE: AND WILL CALL FOR HELP IF A FELLOW SHIPMATE IS IN TROUBLE.

QUESTION: WHAT IS THE BYSTANDER SITUATION?

- A group of people is either sexually assaulting someone or crossing the line heading toward sexual assault.
- This is potentially a very unsafe situation for a person or group of people thinking about intervening. The people mistreating someone might easily turn on one person trying to intervene, or if a group intervenes, the likelihood of conflict escalating is strong.
- Personal safety for anyone thinking about intervening is key. Before acting, you should think about these issues:
 - How can you keep yourself safe in this situation?
 - What are all the options available to you?
 - Who else might be able to assist you in this situation?
- Training participants might assume that a woman was about to be a victim of sexual assault in this situation. It is possible the potential victim of the sexual assault might be a man:
 - Sexual assault of men actually occurs in <u>greater numbers</u> in the Department than the sexual assault of women.
 - According to the Defense Manpower Data Center's 2006 Gender Relations Survey, 2% of men reported that in the past year they had experienced at least one incident of "Unwanted Sexual Contact" (USC) behavior that would have likely been a crime under the Uniform Code of Military Justice. (A similar 2008 Reserve Component survey found 3.5% of women and 1% of men in the Reserve and Guard experienced USC, while the 2010 Service Academy Gender Relations Survey found 1.2% of men and 9.1% of women at the U.S. Military Academy, 3.4% of men and 16.5% of women at the U.S. Naval Academy, and 1.1% of men and 11.9% of women at the U.S. Air Force Academy experienced USC.)
 - 2% of men in the Department of Defense on Active Duty. Do the math what does that equate to? (The number turns out to be approximately 20,000 men each year,

- based on 2006 force size).
- Ask what 2% of men on this installation is.
- In comparison, 6.8% of women reported they had experienced "Unwanted Sexual Contact." What does that equate to? About 13,000 women.
- Ask what 6.8% of women on this installation is.
- Approximately 20% of these sexual assaults are reported to the Department.
- Some facts to share about male-on-male sexual assault:
 - Department surveys indicate that men are victimized in equal proportions by female perpetrators and male perpetrators.
 - Most perpetrators of male-on-male sexual assault identify as heterosexual and have sexual relationships with women.
 - Men can be victims of sexual assault, especially when they have become incapacitated by drugs or alcohol.
 - Being a male victim of sexual assault does not "make" you gay or mean that you are weak.
 - Some male-on-male sexual assaults occur during hazing incidents. While some think that hazing is a rite of passage, it is a form of group-sponsored abuse that is illegal. It has no place in our Coast Guard. Groups engaged in this kind of assault are dangerous. Call for help or wait until you can safely alert the authorities.

QUESTION: WHAT ARE POSSIBLE BYSTANDER INTERVENTIONS?

- They reached out for assistance, which is the **APPEAL TO AUTHORITY** strategy, an approach that is important when there is immediate risk for sexual assault or repeated inappropriate behavior on the part of a potential perpetrator or perpetrators.
- Even though most workshop participants wear a uniform, no one is asking them to take the part of the police, and so a good strategy in this situation might be to report to an authority.
- There are several complexities to consider in this type of situation:
 - Does it seem like the friend is in immediate danger? To whom can an immediate report be made? If the behavior is taking place off base, consider reporting to the police or the manager of the establishment.
 - If the behavior takes place on a base or on a ship, report to a SARC or SAPR VA.
 - It is worth reporting the behavior even after the guy stops it, so that it is not repeated with the friend or anyone else.
- Other intervention strategies, like **DISRUPTION AND REMOVAL**, might work in a situation like this.

QUESTION: WHY SHOULD A FELLOW SHIPMATE INTERVENE?

- The points made in reference to the first two posters should be reinforced:
 - Every member of the Coast Guard family is valuable.
 - The Coast Guard's mission readiness will be diminished if a sexual assault does occur
 - Standing beside Shipmates, which includes intervening, is part of the Coast Guard's core values of honor, respect, and devotion to duty.
 - Every Shipmate can play a positive role in preventing sexual assault.

POSTER D: BYSTANDER INTERVENTION MESSAGE



MESSAGE: AND EXPECT ALL OUR SHIPMATES TO DO THE SAME.

QUESTION: WHAT DOES THIS HAVE TO DO WITH PREVENTING SEXUAL ASSAULT?

- This is one final opportunity to stress why intervening to prevent sexual assault and standing by your Shipmates are connected:
 - Every member of the Coast Guard family is valuable.
 - The Coast Guard's mission readiness will be diminished if a sexual assault does occur.
 - Standing beside Shipmates, which includes intervening, is part of the Coast Guard's core values of honor, respect, and devotion to duty.
 - Every Shipmate can play a positive role in preventing sexual assault.

SECONDARY CAMPAIGN THEME

PREVENTING SEXUAL ASSAULT IS EVERYONE'S DUTY.

WHY DO YOU THINK THE DEPARTMENT OF QUESTION: DEFENSE NEEDS YOUR HELP TO PREVENT SEXUAL ASSAULT?

- Most sexual assaults occur between people who know each other—friends, acquaintances, coworkers, etc.
- Very few sexual assaults are committed by "strangers" in dark alleys.
- Most sexual assaults are never reported to police.
- DoD estimates that 20% of sexual assaults are reported to law enforcement, SARCs, or SAPR VAs.
- Police rarely have a chance to "prevent" a sexual assault.
- Interactions between people that might eventually lead to a sexual assault often begin in social settings—parties, gatherings, clubs, etc.
- You might have the opportunity to say or do something that keeps events from escalating.
- You can make a difference in people's lives by preventing them from becoming a victim or a perpetrator.
- If you do not intervene and a sexual assault occurs, you will remember it for the rest of your life.

QUESTION: WHAT IS MEANT BY DUTY?

- We are talking about what duty is in the broad sense—not your daily chores or "to do" list. Example: Duty means something that we are expected or required to do by moral obligation.
- According to the 2009 Status of Forces survey, 95% of all active duty members agree that it is their duty to stop a fellow Service member from doing something potentially harmful.
- There are many factors that go into our deciding if we will act on our duty:
 - Social psychology research has shown that it's hard for people to take the initiative and act on their own when they believe the group or the social expectations are to "stay out of it."
 - One experiment placed a person into a situation where a group of people were waiting in a room. The group of people was in on the experiment and was told not to react when fake smoke was pumped under a door into the room. When the person who did not know about the experiment saw the group not react to the smoke, that person often did nothing about the smoke and just sat with the group, or waited a lot longer to react to it.
 - This is what we mean when we say social expectations influence how we will react in certain situations.

- There is a cost to not acting, to not doing our duty. If we choose not to act in some way, what impact does that have on someone's life?
- Preventing sexual assault is a MORAL duty. A duty we should do because "it is the right thing to do." These are your brothers and sisters in arms—what would you do to protect your family?
 - NOTE: Do not engage attorneys in your audience on "moral" versus "legal" duty to act. If you have attorneys that ask about this situation, let them know that it is up to them to decide if a legal duty exists. This is not a trial advocacy class. As a SARC or SAPR VA, you are not here to debate the legal issues, just to motivate people to do the moral thing which is prevent a sexual assault in the safest way that they can. Right now, the Department is speaking to the moral duty that we owe each other to keep each other out of harm's way.

RED DOG TAG



QUESTION: WHAT DO YOU THINK THIS RED DOG TAG MEANS, "READINESS=RESPECT"?

- Readiness refers to how prepared we are to perform our duty or accomplish our mission.
- Respect, in this context, refers to how we treat our fellow Service members.
- Readiness and Respect relate to each other in many ways:
 - Readiness goes way beyond just combat capability. We are talking about the total person.
 - If one of your fellow Shipmates is out or unable to concentrate on the job because he or she has been assaulted, you may have lost a very important member of your team. If there are any medical or psychological problems or injuries, the person may be off duty for quite awhile. Losing fellow Shipmates degrades mission readiness.
 - The person accused of committing the crime might also be in the unit. Rumors, "side-talking," and misunderstandings might all distract from the mission. If the person is convicted, they may be sent to prison or put out of the Service. Losing a fellow Shipmate will degrade mission readiness.
 - If someone in the unit witnessed some part of the assault and failed to intervene, that person may be unable to fully concentrate on his or her job.
 - Unit cohesion is negatively impacted when unit members are witnesses against each other.
 - Commanders and unit leadership are taken away from the mission when they have to deal with military justice system issues, safety planning, and other matters relating to the assault.

WRAP UP

IN CLOSING:

- 1. Training attendees can visit MyDuty.mil or sapr.mil for more information:
 - Myduty.mil is intended for our victims and Service members who want to know how to prevent sexual assault.
 - Sapr.mil is meant for our professionals or those who want to know more about our policies.
- 2. Attendees can call SARCs and SAPR VAs to discuss questions they might have about prevention or reporting.
- 3. Attendees can step up and do something when they see a fellow Shipmate getting into trouble.