



CHECK 6

THE USAFE-AFACRICA (U-A)

COURAGEOUS WARRIOR

GOAL

Helping Airmen recognize the importance of courage in creating safer, healthier and more resilient communities.

FACILITATOR'S NOTES

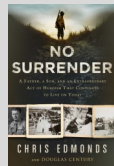
HOW TO PREPARE

1. Read the story of MSgt Roddie Edmonds: No Surrender. "After his father's death, Chris Edmonds journeyed across the US and to Germany to discover his father's heroic past. No Surrender is a quintessential American story of bravery, compassion, and righteousness told by an admiring son¹." <https://eu.knoxnews.com/story/life/2019/10/04/chris-edmonds-no-surrender-book-shares-fathers-heroic-world-war-ii-actions/2442041001/>
2. Wingman roles in addressing and decreasing Interpersonal Violence (IPV): (1) React when you see warning signs of IPV to make it less likely someone gets hurt, and (2) Clearly communicate that IPV is not acceptable and that you expect everyone to look out for each other.
3. Use page 2 of this document as an aid when discussing courage in your groups this month.

THE EXTRA MILE

ADDITIONAL RESOURCES

1. Consider starting a small reading group using the book No Surrender by Chris Edmonds and Douglas Century.
2. Invite your Violence Prevention Integrator (VPI) to talk to your group about ways to intervene when you are concerned about someone's safety/well-being.



MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

"Fear is a reaction. Courage is a decision." Winston Churchill

One courageous choice can change another person's life or cause a ripple effect that shifts the norms for an entire community when enough people stand together. It takes courage to show up and be vulnerable. It takes courage to step in and help someone in need. It takes courage to call out injustice and demand a change. When we choose to act courageously we not only empower ourselves, but can also engage others to walk bravely alongside us.

In the Air Force, keeping people safe from harm is a mission imperative for all Airmen. The role of the "Wingman" can have tremendous power to prevent our members and their loved ones from being harmed. However, we know that getting involved when something crosses our line of concern can be difficult. We each must do our part and make the decision to look out for each other with courage and compassion.

SUGGESTED DISCUSSION POINTS:

1. What qualities define courage for you?
2. What aspects of a situation make it tough to be courageous?
3. What are some ways you overcome tough barriers to acting when the situation calls for it?
4. Describe a time in your own life when you had to be courageous.
5. Who is someone from your life who has shown courage and how did their actions inspire you?

MISSION CHALLENGE

HOW TO APPLY THE LESSON

Our own acts of bravery and courage can inspire others to be brave and courageous too. This is why it is important to identify and highlight the actions of Wingmen who intervene. Find ways to recognize Airmen who display helping behaviors in your unit when they are noticed or identified to you. Encourage Airmen, who are comfortable, to share Intervention Stories that are personal to them—maybe they reached out and helped a friend in need or maybe they were the one being helped. Gen. David L. Goldfein, Air Force Chief of Staff, said "Together, you keep the hope... You are united by an important cause – providing care, support, and friendship by lending your ear, your heart, your mind and your time to one another." **This is the spirit of being a Wingman!**

1. James Bradley, New York Times bestselling author of *Flags of Our Fathers*

USAFE-AFACRICA

GRIT

CORE VALUES ● PROFESSIONALISM ● WARRIOR ETHOS

This Check 6 is a guide to allow you to have a discussion with your employees on the values and culture that represent the Air Force. This 15-30 minute discussion replaces traditional formalized training and CBTs to allow you to frame the concepts in the way that best meets the needs of your Airmen.

BE COURAGEOUS

If we all do our part, as wingman and leaders, step in when something crosses our line of concern and create cultures of dignity and respect, we can reduce the number of people that are impacted by violence.

WINGMAN INTERVENTION STARTS WITH YOU!!!



Find realistic ways to get around the things that stop you from stepping in even when you want to.



Address the situation yourself, ask the person to stop or check on a person by asking if they are OK.



Ask someone else to step in. Supervisors, First Sergeants, Chaplains, Friends, etc... can be great allies!



Do something to diffuse or interrupt the situation

<http://www.usafe.af.mil/grit>



KNOW THE WARNING SIGNS



SEXUAL ASSAULT & INTIMATE PARTNER VIOLENCE

Recognizing warning signs is the first step to intervening



POTENTIAL WARNING SIGNS

Sexual Assault

- Using Alcohol or Drugs to incapacitate
- Texting/Violating boundaries
- Separating someone from friends/coworkers/peers in social settings
- Using intimidating voice/body language
- Making threats
- Using physical force
- Targeting someone by using age/rank/etc as power over him/her
- Making sexual comments that are inappropriate to the setting or relationship

Intimate Partner Violence

- Excessive jealousy of a partner/spouse
- Texting/Violating boundaries
- Isolation from family/friends/coworkers/peers
- Insulting/embarrassing partner/spouse in public
- Using intimidating voice/body language
- Making threats
- Signs of physical injury, wearing unusual clothing (as if to hide an injury)
- Overly Anxious to please partner, worried about his/her temper, possessiveness or jealousy
- Limited access to money or car
- Depressed, anxious, or suicidal

WINGMAN INTERVENTION

01



Wingmen respond when they see warning signs and make it less likely someone gets hurt

02



Wingmen show they care and assist others with finding helping resources

03



Wingmen clearly communicate "violence is not okay" and "we all look out for each other"

Stopping Violence begins well before you notice warning signs

Consider small things you can do now and set norms to promote respect and create a culture where violence will not be tolerated

<http://www.usafe.af.mil/grit>



USAFE-AF AFRICA

CORE VALUES ● PROFESSIONALISM ● WARRIOR ETHOS

