

The 5 D's of Bystander Intervention

Direct



Directly respond to the harassment by naming what is happening

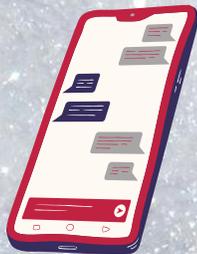
Distract

A simple way to intervene and can derail the incident by interrupting it



Delegate

Ask for assistance, resources, or for help



Delay

Make a difference by checking in with the victim after the fact



Document

It can be really helpful to record an incident as it happens, but only if it is safe



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