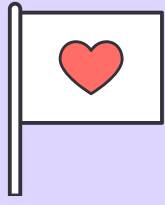


# 5 D'S OF BYSTANDER INTERVENTION

STRATEGIES TO SAFELY INTERVENE IN A CHALLENGING SITUATION



## BE DIRECT

If you feel safe, speak up.

- Set a clear boundary: "That's disrespectful. Stop."
- Ask a clarifying question: "Why would you do/say that?"



## DELEGATE

Get help.

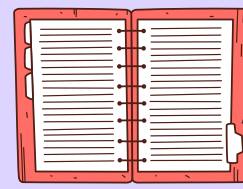
- Report what you see to someone who can step in.
- In a serious situation, find a trusted adult.



## DISTRACT

Take an indirect approach.

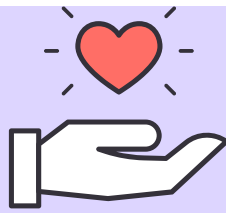
- Draw attention away from the person who's being disrespectful.
- Make an excuse to leave with the person being targeted.
- Change the topic of conversation.



## DOCUMENT

Keep records.

- Keep a journal or notes including dates and times.
- Take a screenshot on digital devices.
- Don't delete. Keep records safe.



## DEBRIEF

Check in with the person who experienced the disrespectful behavior.

- Say, "I saw what happened. Are you okay?"
- Ask, "Can I help you reach out to someone for support?"
- Share helpful resources.