

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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