Utilize the 5 D’s to intervene and support someone who may be experiencing harm. No matter what strategy you use, always consider your personal safety before taking action.

1. DIRECT
   - Speak up. Be firm and clear.
     - “Hey! That is not appropriate. Leave them alone!”
     - “Are you okay? Can I get help?”
     - “I am uncomfortable with what you are doing, please stop.”

2. DELEGATE
   - Ask someone nearby to help you.
     - “Hey, a person over here is harassing someone. Let’s help them.”
     - “Jaime, can you check in with Alyx?”
     - “Can you ask Fatima to walk with you, and I will ask Alyx to join me in another room?”
     - Call SafeCampus for help.

3. DISTRACT
   - Interrupt the situation to de-escalate.
     - Start a conversation with either individual.
     - Ask for the time or pretend to drop something.
     - “Hey, I need a coffee. Want to join me?”
     - “Hey, can you help me on this document?”

4. DELAY
   - Check in later with the impacted person
     - “Are you okay? I saw what happened earlier.”
     - “How can I support you?”
     - “Would you like to go on a walk and talk?”
     - Share resources, and offer to call SafeCampus together.

5. DOCUMENT
   - Document what you witnessed and share it with the person who was experiencing harassment.
     - Write down what happened and email the person who was impacted.
     - Send a text message with information about what you saw and ask how you can support them.
     - Film the incident from a distance, be aware of your own personal safety as this may draw attention to you.

*You may use multiple intervention strategies. For example, you may distract during the moment and then delay and document later.