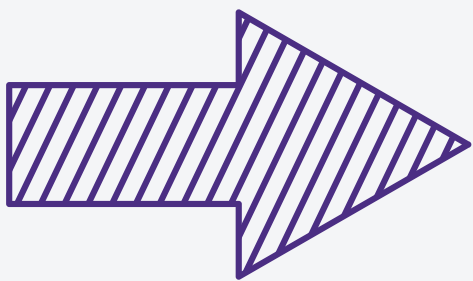


BYSTANDER INTERVENTION

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.

Adapted from Hollaback! | ihollaback.org



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."

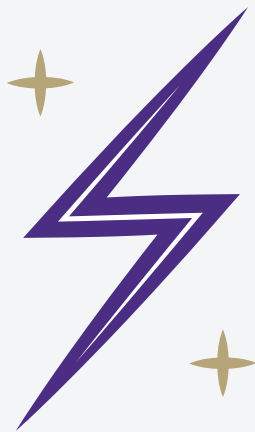


2

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.**