

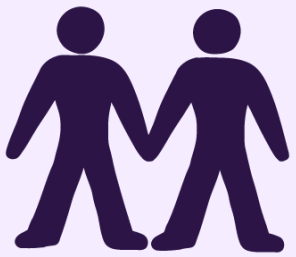
5 Ds TO BE AN *ACTIVE BYSTANDER*

A bystander safely intervenes to support someone after something has happened for a short period of time.



1. DISTRACT

Think of subtle, indirect ways you can *de-escalate* the situation.



2. DELEGATE

Get help intervening from a third-party person close by.



3. DOCUMENT

If it is safe to do so, record evidence of an incident by either taking notes or recording.



4. DELAY

If we are unable to act during the incident, check in with the person afterward.



5. DIRECT

Assess safety first, and speak up about the harassment. Be firm and clear.

Prioritising safety

Safety must be at the core of any decision-making when supporting someone. If your action may increase the risk to the person who is being abused or your own safety, please contact a support service for options.

Right To Be, 2024 | <https://righttobe.org/guides/bystander-intervention-training/>

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AND GIRLS'
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