

STOP HATE

The 5 Ds of Bystander Intervention

Distract

- >>> Start talking with the victim
- >>> Try to direct attention to yourself - drop something

Delay

After the incident

- >>> Check In
- >>> Knowing glance
- >>> Acknowledge

Delegate

- >>> Get someone to help the victim
- >>> Take your phone out and start recording
- >>> Check in with the person being harassed

Direct

- >>> Speak up and call out the behavior



Document

- >>> Share the recording with the person being harassed



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