STOP HATE
The 5 Ds of Bystander Intervention

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

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

**Delay**
- After the incident
  - Check in
  - Knowing glance
  - Acknowledge

**Document**
- Share the recording with the person being harassed

**Direct**
- Speak up and call out the behavior

Adopted from https://www.ihollaback.org/bystander-resources/