The 5 D's of Bystander Intervention

**Direct**
Directly respond to the harassment by naming what is happening.

**Distract**
A simple way to intervene and can derail the incident by interrupting it.

**Delegate**
Ask for assistance, resources, or for help.

**Delay**
Make a difference by checking in with the victim after the fact.

**Document**
It can be really helpful to record an incident as it happens, but only if it is safe.