**Bystander Intervention Skills - 5Ds -**

Before acting, please evaluate the situation carefully, and put your safety first.

- **DELEGATE**
  Ask someone else to help address the incident.

- **DELAY**
  Check-in with the individual after the incident happened.

- **DOCUMENT**
  Use a cell phone to take a photo or video record the incident from a safe place;
  Write down notes of what you observed —what happened, time, location.

- **DISTRIBUTE**
  Move the attention away from the action to something else;
  Provide an opportunity for the individual who is experiencing the incident to leave.

- **DIRECT**
  Intervene the moment the incident occurs about how the action is not okay.