

# 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.

### DISTRACT

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.

