

5 D's of Bystander Action

Direct - Call it out

"that's not funny, you've crossed the line"
"You just cut them off again, let them speak"

Distract - Change the subject

"So, did you see the game on the weekend?"
"How great's the weather been lately!"

Delay - Check in after

"Do you want me to stay for a while?"
"I wanted to check in, are you ok?"

Delegate - Get help

"Can you check on them please,
I want them to be safe"

Document

If it is safe ,capture evidence on your device.
Check with the person what they want to do

