5 "D's" OF BEING AN UPSTANDER
What to do when you see someone being harassed

**DIRECT**
Respond directly to the person causing harm or physically intervene if necessary.
Be confident, assertive, & calm.

**DELEGATE**
Get help from someone else.
Ask for assistance, a resource, or help from a third party.

**DISTRIBUTE**
Excuse me.
Do you know what the next step is?
Bring attention away from the person causing harm, the person who was harmed, or the situation itself.

**DELAY**
Check in with the person who was harmed after the incident.
And educate ourselves & our communities on why this happened.

**DOCUMENT**
If someone is already helping the person in crisis, document through photo or video.

*Never post or share a video without the consent of the person being harmed.

5 "D's" adapted from Hollaback!