Bystander intervention strategies are ways we, as members of a community, can step in to prevent problematic behavior we witness and help the situation from getting worse.

**Delegate**

Asking for assistance from another person when intervening.

**What to do:** Reach out to a supervisor, a colleague, a friend or ask help from people around you.

**What to say:** “Hey, did you hear what that person just said? We should do something.”

**Distract**

De-escalating the situation by drawing attention away from the problem.

**What to do:** Drop something on the floor; people will turn around and look. Start a conversation with the person who is being affected or causing the harm to create a distraction from the situation.

**What to say:** “Sorry to interrupt, my phone just died. Do you happen to have a charger?”

**Direct**

Putting yourself into the situation and confronting the problem.

**What to do:** Get involved. Ask the person who is causing harm what they mean by their comment.

**What to say:** Ask the person who is being impacted: “Hey is this person bothering you?”

There is not a single right way to intervene. Find the style that works for you, given the situation.

The 3 D’s of bystander intervention are adapted from Green Dot: https://alteristic.org/services/green-dot/