



Decision Making Steps: Bystander Intervention

1. **NOTICE** the event
2. **INTERPRET** the event as a problem
3. Assume **PERSONAL** responsibility
4. **KNOW** how to help
5. **IMPLEMENT**

The 5 D's of Intervention

The 5 D's Can Help You Intervene Safely

Direct:

Being direct such as asking if everything is alright or if others are uncomfortable when confronting a situation.

Distract:

Distract one or both people involved to allow them time to cool off or for the victim to get away.

Delegate:

Delegate the task by looking for others such as a friend or resource to back you up when it's time to intervene.

Delay:

If the first 3 D's don't work or are not applicable to the situation, delay it until action is decided.

Document:

Record the incident as soon as it happens to someone.

BY-STANDER TIP #1

'THE FAKE FRIEND'

An effective and safe way of intervening in harassment situations is to become a 'fake friend' of the target. However, make sure you check in with the target before, to see if s/he actually needs assistance.

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BY-STANDER TIP #2

'CALL OUT THE HARASSER'

Most harassers stop once their behaviour is acknowledged and reprimanded. Use three simple steps to call out the harasser -

1. **Name the act** - 'You're groping that woman'
2. **State a principle** - 'That's not OK'
3. **Make a command** - 'Stop harassing people'

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BY-STANDER TIP #3

'MAKE YOUR PRESENCE FELT'

Let the harasser know that you see, recognize and condemn the behaviour. Something as simple as spilling your coffee, or asking for directions/time (or ringing the doorbell) can work wonders.

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BY-STANDER TIP #4

'CHECK IN WITH THE TARGET'

"Are you OK?"

"Do you need any help?"

"Is that person bothering you?"

One question alone can deter a harasser who believes no one will intervene. Also, the target knows you've got their back!

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BY-STANDER TIP #5

'THE DISTRACTION'

Try coming in between the target and the harasser (if it's physical harassment) or creating some sort of commotion to allow the target to leave the situation.

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BY-STANDER TIP #6

'BE A ROLE MODEL'

Possibly the most effective to end street harassment. If you treat others with respect and choose to raise your voice when you see someone being harassed, your peers, friends, family, and anyone around you will learn from you.

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STREET HARASSMENT: A BYSTANDER'S GUIDE

with **hollaback!**

You're going about your day when you notice someone being harassed about their appearance, race, gender, perceived sexuality, etc. What do you do?

Common Excuses for Inaction

"It's not my problem."

Street harassment is everyone's problem. Even if you've never been a target, the odds are that your loved ones, friends and co-workers have been. Ask them.

If you care about making the world safe for them, it's your responsibility to do something when you see it happening.

"But it's a cultural thing."

Street harassment might be normalized in certain circles, but it's never okay.

"Nobody else is doing anything."

It's that kind of thinking that allows a whole crowd to wait for "someone else" to act.

It takes courage to be the first to speak up for what's right.

"It's harmless, right?"

Verbal harassment can make targets feel uncomfortable, threatened or in danger and can quickly escalate to violence or physical assault.

The effects are very real, to everyone who lives their life aware that they are not safe in public.

"I can't make a difference."

For targets of harassment, the response of bystanders makes a HUGE difference in their day.

While your inaction or reluctance to get involved could magnify the effects of harassment, your actions could interrupt the harassment, support the target and help prevent future street harassment.

"I don't know what to do."

We've got you covered. Read on.