

THE FOUR D's of BYSTANDER INTERVENTION

This handout offers four practical tips for how to de-escalate instances of harassment and oppressive interpersonal violence. These are just a few tools in the toolbox to strengthen and support communities as we simultaneously keep each other safe as individuals and resist institutionalized racism and state violence.

D1 DISTRACT

Distraction is a subtle and creative way to intervene. Distract either the harasser or the target with conversation unrelated to the harassment to derail and de-escalate the situation. **Examples:** Ask for directions; Spill your drink "accidentally;" Pretend you know one of them.

D2 DELEGATE

Bring in a 3rd party to help, possibly someone with more perceived authority. **Examples:** Alert a store manager, bus driver, club bouncer, or someone else to help intervene. Do not call the police unless requested.

D3 DIRECT

Respond directly to the aggressor or physically intervene if necessary. Be confident, assertive, calm. **Examples:** walk up to engage a street harasser and directly ask them to stop their behavior.

D4 DELAY

If you can't intervene in the moment, you can check in with the person being harassed afterwards to see if you can do anything to support them, illustrating that they are not alone. **Examples:** "Is everything okay? Is there anything I can do?" "Is there someone we can call?" "Can I buy you a cup of coffee?"



**American Friends
Service Committee**

Content from Abbey Fox; article in Thought Catalogue; Jes Skolnik; Hollaback; People's Response Team. Adapted by the AFSC. Comprehensive training materials available online from the People's Response Team, Chicago.

www.afsc.org/SanctuaryEverywhere

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The DOs & DON'Ts of BYSTANDER INTERVENTION

This handout offers tips for how to intervene in public instances of anti-Black, anti-Muslim, anti-Trans, sexist and other forms of oppressive interpersonal violence and harassment while considering the safety of all parties. This is only one tool to keep our communities safe as we continue resisting racism and state violence.

DO Make yourself known.

Make eye contact with the person being harassed; ask if they want support. • Move yourself near the person being harassed. If safe, create distance or a barrier between that person and the attacker. • If it's safe to do so, and the person being harassed consents, record the incident.

DO Take cues from the person being harassed.

Is the person engaging with the harasser or not? You can make suggestions, "Would you like to walk with me over here?" Then, follow their lead. • Notice if they are resisting in their own way, and honor that. (Especially white folks, don't police tone of the one being harassed).

DO Keep both of you safe.

Assess your surroundings - are there others nearby you can pull in to support? • Working in a team is a good idea. • Can you move to a safer place?

DON'T CALL THE POLICE...

...Unless the person being harassed asks you to do so! For many communities experiencing harassment, the police can cause a greater danger for the person being harassed.

DON'T escalate the situation.

We want to get the person being harassed to safety, not to incite more violence from the attacker.

DON'T do nothing.

Silence is dangerous—it communicates approval and leaves the victim high and dry. If you feel too nervous or afraid to speak out, communicate your support with your body.

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