

THE FOUR D'S OF BYSTANDER INTERVENTION

This handout offers four practical tips for how to de-escalate instances of harassment and interpersonal violence. These are just a few tools in the toolbox to strengthen and support communities as we simultaneously keep HSC Campus safe from violence and harassment.

D-1 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.

D-2 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.

D-3 DIRECT

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

D-4 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?"

[For more information about Bystander Intervention and Title IX please contact](#)

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THE DO'S & DON'T'S OF BYSTANDER INTERVENTION

This handout offers tips for how to intervene in public instances of interpersonal violence and harassment while considering the safety of all parties. This is another tool to use to keep HSC Campus safe from harassment and 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 its 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.

DO

Keep both of you safe

Assess your surroundings by asking "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

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

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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