

5 "D'S" OF BEING AN UPSTANDER

What to do when you see someone being harassed

Respond directly to the person causing harm or physically intervene if necessary



Be confident, assertive, & calm

DIRECT

Get help from someone else

Ask for assistance, a resource, or help from a third party



DELEGATE

Excuse me

Do you know what the next step is?

DISTRACT

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



Asian American Federation

5 "D's" adapted from Hollaback!



CENTER FOR ANTI-VIOLENCE EDUCATION

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