

THE 5 D'S OF INTERVENTION

Adapted from
Right to Be



BEFORE INTERVENING, CONSIDER THE FOLLOWING

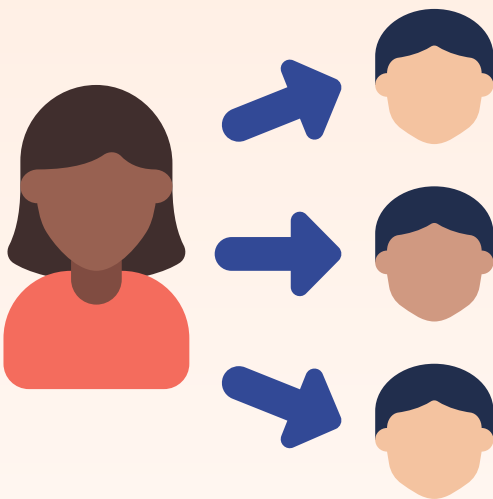
- 1) Notice the scenario and assess **YOUR** safety
- 2) Identify your concerns about intervening
- 3) Pick one or more of the 5Ds that works best for you and the person experiencing harmed

1. DISTRACT

- Indirect approach
- Ask the person being harassed a question or pretend you know them



2. DELEGATE



- Notify folks around you or someone in a position of authority about what you are seeing happening
- Create an intervention plan with them
- Someone in a position of authority may be a party host, professor, student leader, lead at work, resident assistant



24/7 Helpline 303-556-2255
Office Phone 303-315-7250
Tivoli Student Union 227

3. DIRECT

- Use caution if you use this intervention strategy! Ensure you and the person being harassed are safe and your engagement will not escalate the harassment
- Call out the inappropriate behavior, be short and direct
- Do not engage in an argument or dialogue with the harasser
- Check in with the person being harassed



4. DOCUMENT



- **ONLY** document if other bystanders are already helping the harassed **AND** the person being harassed consents to the harassment being documented
- Ask the person being harassed what they would like to do with the documentation

5. DELAY

- Engage with the person being harassed after an incident of harassment is over
- Check in with the person and ask if they are ok, if they need anything, would like you to stay with them



NOTE: It is ok to delay if you do not feel safe engaging one of the other 5 D's! Your safety is also important when harm is occurring