

Bystander Intervention Level 1: Foundations of Intervention

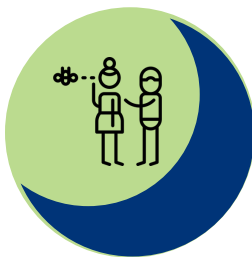


Remember, this training discusses the roots of violence and unpacks the 5 D's framework for intervention:



DIRECT

Directly checking in with the person or people involved or directly stopping what is happening.



DISTRACT

Creating a distraction that could allow the person experiencing violence to escape the situation.



DISTANCE

Similar to distract, distancing the parties involved in conflict could allow you to check in with the person being impacted and give them the opportunity to get away from a dangerous situation.



DELEGATE

You don't have to do everything on your own, especially if you don't feel safe. If someone else might be able to help you, ask for help!



DOCUMENT

If none of the options above will seem to work, you could offer documentation to the person who experienced violence-- a statement, photos, or video without audio. They decide if they want to share it.

