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.

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