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 harm

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

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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

Hey! What you are saying is transphobic! Leave them alone!

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 the 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