

See It, Name It,
Change It



*Being an Active
Bystander*





Being a bystander to violence is tough, but staying silent only lets it continue. Being a good bystander means having the courage to speak out and take action.

When you encounter a problematic situation, decide how you are going to respond. Ask yourself: Is it safe and reasonable to intervene? What actions am I comfortable taking?

The 5 D's make it easier to choose how to respond



Distract

either party. This can be simple. Ask for directions or pretend you know the person being harassed and start talking to them.

Be clumsy and drop something in front of them, ask for the time, pretend you recognize them.

Delegate

bring in someone else to help you.

Ask the bus driver, security guard, someone better equipped than you are - or even just another bystander. "Are you seeing this"?

Delay

your response if the situation is too dangerous. Walk away and wait for the situation to pass.

Ask the victim later if they are okay, if they want help or if you can walk/sit with them.

Report the situation if it's safe to do so.

It's never too late to act!

Document

Take photos or videos of the incident

Make sure to include street signs, landmarks and say the date and time out loud.

Never livestream or share online. The goal is to collect info, not for you to share someone else's trauma.

Direct*

Intervene in the situation by inserting yourself. Confront the harasser in a direct, respectful manner.

"Hey, stop!" "Why would you say that?", "I know you're a better person than that!"

***Not the right action to take if there is a risk of danger or you are at all scared. Must be done right to avoid escalating the situation**



What if I'm the Target?

Be direct, make it clear you are uncomfortable. Cross the street and go to a cafe, put your headphones in.

Remember it's not your fault and it isn't your responsibility to have the perfect response. Be resilient! You have the right to be on the streets!

Remember:

Notice and assess safety and decide which of the 5 D's works for you. What feels the safest?

The is no right or perfect response, but any response is better than nothing!

Always check in on the target as soon as possible to make sure they are okay.

Never make jokes in this situation. It perpetuates the idea that we are being funny.