

Learn the 5 D's of Bystander Intervention!

Bystander intervention means stepping in to help when you see someone being mistreated or harmed.
Print this card out and carry it with you as a reminder. Laminate or cover with clear duct tape to keep sturdy.
Make sure printer settings are set to "Fit to page" or "Fit to printable area".

THE BYSTANDER CARD

This card never declines when you stand up for others!

DIRECT: Speak up! If it's safe, tell the person to stop.

DISTRACT: Change the topic or ask a question.

DELAY: Check in after to support the person harmed.

DELEGATE: Get help! Ask a trusted adult to step in.

DOCUMENT: Write down what happened or snap a pic!

NAME: _____



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