



TUFF LOVE
SELF DEFENSE

BYSTANDER INTERVENTION

The following guidelines adapted from Right To Be explain how to intervene when you see disrespect or harassment happening.

1. **DISTRACT** by pretending to be friends, asking for the time, or making a commotion—be creative.
2. **DELEGATE** by finding someone better equipped to deal with it and asking them to intervene.
3. **DOCUMENT** using a phone, or write an account of the harassment and give it to the person who was harassed.
4. **DELAY** after the incident by comforting the harassed person, acknowledging the behavior was wrong, and offering support.
5. **DIRECT** your comments to the perpetrator only if you feel it is safe and helpful to do so; name the behavior (“That is harassment,” or “That is homophobic”) but avoid arguing with the perpetrator or escalating the situation.