

Bystander Intervention – The 4 Ds

What is Bystander Intervention? Bystander intervention involves developing skills in order to intervene in a situation when another individual needs help. Bystander intervention is summed up into 4 tactics called the 4 D's.

DIRECT

If you see something, say something. Step in and address the situation directly. This might sound like:

“That’s not cool”

“Please stop”

“Hey, leave them alone”

DISTRACT

- Distract either person in the situation to intervene.

This might look like saying:

- “Hey, let’s go to class”
- “The bell’s going to ring.”

DELEGATE

- **Delegate:** Find others who can help you to intervene in the situation.
- Asking a friend to help intervene
- Talk to a teacher or counselor
- Talk to or text your friend’s parents if this is serious and you can

DELAY

For many reasons, you may not be able to do something right in the moment. If you are feeling unsafe or unsure whether or not someone in the situation is feeling safe, you may just want to check in with the person later. This might sound like:

“Are you okay?”

“How can I help you get out of this situation?”

“We can go to a counselor together to talk about this”

“Do you need help?”

“We should talk to someone; they can’t get away with this behavior”

