Bystander Intervention Strategies- The 5 Ds

**DIRECT** - Confront the situation. Be firm, clear, and concise. Say or do something.

**DISTRACT** – De-escalate the situation. Move attention away.

**DELEGATE** – Seek help from a third party.

**DELAY** – Check in with the person being harassed. Offer support.

**DOCUMENT** – Document the incident.

## Resources:

- Your Campus Office for Equity and Diversity
- Your Campus Title IX Office
- Your Campus Equal Opportunity Complaint Investigation
- Your Campus University Health Services
- Your Campus Violence Prevention and Survivor Services
- ADVANCEGeo Partnership project website [serc.carleton.edu/advancegeo](serc.carleton.edu/advancegeo)
- Professionalism: The Responsible Conduct of Scientists [serc.carleton.edu/geoethics/professionalism.html](serc.carleton.edu/geoethics/professionalism.html)
- American Geophysical Union (AGU) resources [stopharassment.agu.org](stopharassment.agu.org)
- AGU Ethics and Equity Center [https://ethicsandequitycenter.org/](https://ethicsandequitycenter.org/)
- American Geosciences Institute Guidelines for Ethical Professional Conduct [https://www.americangeosciences.org/community/agi-guidelines-ethical-professional-conduct](https://www.americangeosciences.org/community/agi-guidelines-ethical-professional-conduct)
- U.S. National Academy of Sciences Report [sites.nationalacademies.org/shstudy](sites.nationalacademies.org/shstudy)
- Know Your Title IX [https://www.knowyourix.org](https://www.knowyourix.org)
- Feminist Majority sexual assault resources [www.feminist.org/911/resources.html](www.feminist.org/911/resources.html)
- RAINN (Rape, Abuse & Incest National Network) [www.rainn.org](www.rainn.org)
- National Sexual Violence Resource Center [http://www.nsvrc.org/organizations](http://www.nsvrc.org/organizations)
- LGBTQ Resource List (GLAAD): [https://www.glaad.org/resourcelist](https://www.glaad.org/resourcelist)
- LGBTQ+ International Resources: [thetrevorproject.org/trvr_support_center/international](thetrevorproject.org/trvr_support_center/international)
- StrongHearts Native Helpline: [https://www.strongheartshelpline.org/resources/](https://www.strongheartshelpline.org/resources/)

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