

BE AN UPSTANDER!

An upstander is a person who intervenes to support someone being harassed, intimidated, discriminated against, attacked, bullied or otherwise dehumanized.



TIP 01.

DISTRACT



Distract either the harasser or the target with conversation unrelated to the harassment to derail and de-escalate the situation.

TIP 02.

DELEGATE



Delegation is when you ask for assistance, for a resource, or for help from a third party.

TIP 03.

DIRECT



If safe and necessary, respond directly to the aggressor or physically. Be confident, assertive, calm.

TIP 04.

DELAY



If you can't intervene in the moment, you can check in with the person being harassed afterwards to see if you can do anything to support them.