

THE 5 D'S OF DE-ESCALATION

Developed by the non-profit Right to Be, the “5 D’s of De-Escalation” are a helpful shorthand way of remembering different methods of upstander intervention.



Upstanders sometimes need to try a few different tactics

Everyone has favorites...

... And things that don't work for them!

ANTI-VIOLENCE PROJECT

THE 5 D'S OF DE-ESCALATION: **DIRECT**

Respond **directly** to the aggressor to let everyone know that someone sees the situation. Be **confident, assertive, calm**.

Are you seeing this?

Leave them alone!

This is not how we do things here!



THE 5 D'S OF DE-ESCALATION: **DELEGATE**

Look for **other people** who are paying attention to the situation and **invite** them to **help** – make it a **community effort**.



Hey red sweater, could you tell the manager there's a situation here?

Would you two come stand next to me to give this person some space?

THE 5 D'S OF DE-ESCALATION: **DISTRACT**

Distract attention away from the person causing harm, the survivor, or the situation itself.




Whoa, look at that, I just saw a UFO!

Other options include: casually eating chips as you walk through the situation, asking someone in the conflict for directions.

THE 5 D'S OF DE-ESCALATION: **DELAY**

Check in with the targeted person, either as situation de-escalates or address them directly during the harassment.

An illustration on a purple background with faint circular patterns. On the left, a Black woman with short dark hair, freckles, and a purple top sits on a stool, holding a smartphone. On the right, a man in a purple shirt and glasses stands with his back to the viewer, carrying a bag. Two speech bubbles are positioned between them. The top bubble contains the text 'Damn, that was messed up, are you okay?' and the bottom bubble contains 'Can I walk you to your car so you can get out of here safely?'.

Damn, that was messed up, are you okay?

Can I walk you to your car so you can get out of here safely?

THE 5 D'S OF DE-ESCALATION: **DOCUMENT**

Record the incident on your phone. Once things de-escalate, check in with the survivor. **DO NOT** upload to the internet without their permission.

"Hi! I recorded the incident."

What would you like to do with it?



To access more resources
on how to keep each
other safe, visit

www.avp.org/resources

