



**DISTRACT:** Distraction is a subtle and creative way to intervene. Its aim is simply to derail the incident of harassment by interrupting it.

**DELEGATE:** Delegation is asking a third party for help with intervening in harassment.

**DOCUMENT:** Documentation involves either recording or taking notes on an instance of harassment.

**DELAY:** Delay is checking in with the person to see if they are OK after the incident is over.

**DIRECT:** Direct is about assessing your safety first and then speak up about harassment. Be firm and clear.

