

FIVE

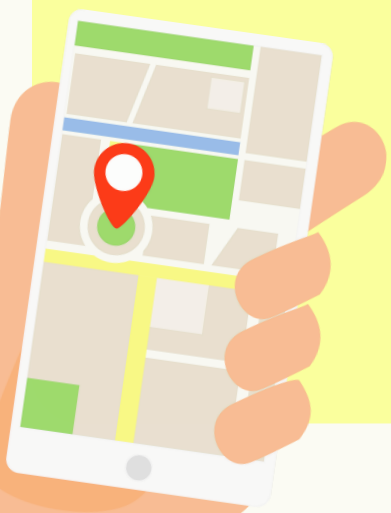
WAYS TO BE AN

ACTIVE BYSTANDER

2 DISTRACT

Interrupt by asking a question or starting a conversation. Try asking for directions or the time.

Best used when: You're unsure what the reaction might be to intervening directly.



1 DIRECT

Call the person out for their behaviour and let them know it's not okay.

Best used when: Among friends or people you know.

"LEAVE THEM ALONE"

3 DELEGATE

Ask someone else to help. This could be someone with authority or someone nearby.

Best used when: You need extra support.



4 DELAY

Check they're okay or if they need any help afterwards.

Best used when: You feel uncomfortable intervening at the time.

Are You Okay ?

5 DISAPPROVE

Send a clear signal you don't like what they're saying or doing. Try shaking your head or walking away.

Best used when: Among friends or people you know.



Only intervene if it's safe.

5Ds taken from Brook's Active Bystander Course for universities.
Find out more at brook.org.uk/bystander-training/

@brook

STAND 
& STEP IN