

LOOK OUT FOR EACH OTHER!

Harassment and violence have far reaching negative impacts on our communities. The “5 D’s” are tools that help us take responsibility for keeping our communities safe. Always assess the situation and keep yourself safe while de-escalating!

DIRECT Ask the person you see in trouble “Are you OK?”

DELEGATE Make eye contact, ask a specific person “(•••) Will you help me?” or “(•••) will you go get help?”

DISTRACT The art of illusion! Interrupt by asking for the time, pretending to recognize someone, or even singing Happy Birthday as loud as you can!

DELAY Maybe intervening is not safe or possible in the moment. Afterwards, check in with the harmed person “I saw/heard (situation) can I help you?” If safe, you can confront the person who caused the harm, asking they acknowledge/understand how the behavior caused harm.

DOCUMENT If you film or photograph a situation, add another “D” such as asking the person harmed what they would like you to do with the information or footage.

Need Assistance?



Call to Safety (PDX) • 1-888-235-5333



National Sexual Assault Hotline • 800-656-4673



www.GuardiansoftheVibe.org



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