



The five Ds of bystander intervention

Safely respond to hate and discrimination:

Direct

Speak up, if it's safe. Be calm and respectful.

"That's not okay. Lets keep this a respectful space."

Delegate

Get help. Ask staff, security personnel, or others nearby.

Delay

Support the person afterward.

"I saw what happened. That was not okay. How can I support you?"

Distract

Interrupt the situation without confrontation.

Start a casual conversation to redirect attention.

Document

If safe to do, record and take notes. **Always ask** the affected person what they want done with the footage. **Never share without consent.**

Be an upstander. Make a difference.

Who is an upstander?

An upstander recognizes hate and act using safe intervention strategies. This action protects individuals and build stronger, safer communities.



Canadian
Race Relations
Foundation



Learn more at durham.ca/Anti-Hate

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