

Be an upstander. Make a difference.

Who is a bystander?

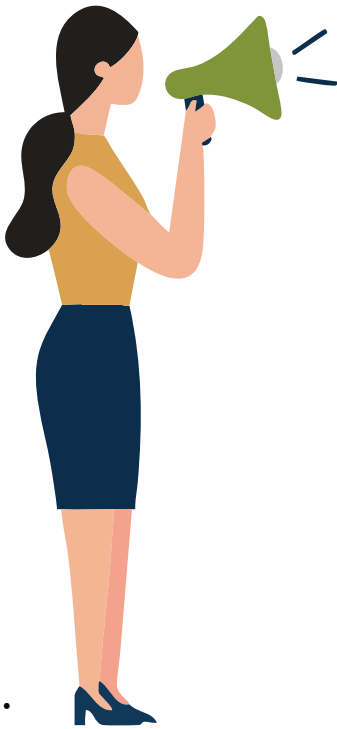
A bystander witnesses a hate-motivated incident but **does not intervene**. Silence can reinforce harm and isolate the victim.

Who is an upstander?

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

Choose to be an upstander

Silence allows hate to grow. Small actions can stop harm and show that hate has no place in our community. Your actions matter. Together, we can make upstanding the norm.



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. Let's 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.**

Scan the QR code to complete the **Together Against Hate Durham** Community Feedback Survey



Canadian Race Relations Foundation

Learn more at durham.ca/Anti-Hate

If you require this information in an alternate accessible format, please contact 311 or the Accessibility Coordinator at accessibility@durham.ca or 1-800-372-1102, extension 2009.