

# THE 5D'S OF BYSTANDER INTERVENTION



**DISTRACT**  
转移注意力

Pretend to be friends, ask for the time or make a commotion, be creative.

接触被侵扰者，以询问时间或即兴发挥制造一点小意外转移事态。



**DELEGATE**  
寻求协助

Find someone else better equipped to deal with it and ask them to intervene.

请更有能力处理事态者介入。



**DOCUMENT**  
记录证据

Take note of who is present and write down the harassment and share it with the person who was harassed or with someone who can help.

记录在场人士及事件原委，与当事人或其它援助者分享。



**DELAY**  
后续行动

Comfort the harassed person after, acknowledge the behavior was wrong, be a friend.

事后安慰当事人，明确对方行为的不当性，表示关爱。



**DIRECT**  
直接干预

As a last resort, set a boundary directly, but don't get into a back and forth or escalate the situation.

在直接介入，规范行为，避免事态升级。

不以善小而不为，不以恶小而为之。

NEVER REFRAIN FROM DOING SOMETHING GOOD JUST BECAUSE IT IS INSIGNIFICANT,  
NOR DO SOMETHING BAD JUST BECAUSE IT IS INSIGNIFICANT.