

When something's not right,

I intervene

Help stop
relationship or
sexual violence
and stalking.



intervene | DIRECT

I talk directly to the person causing harm so they know their actions aren't okay. Assess your safety first. Speak up about the harassment. Be firm and clear. You can also talk to the victim about what's going on. Ask: "Are you okay? Should I get help? Should we get out of here?"



intervene | DISTRACT

I distract, interrupting harmful actions or words before they escalate. Start a conversation with the victim or find another way to draw attention away from them. Ask them for directions or the time, or drop something.



intervene | DELEGATE

I delegate, gathering resources and support people to address the situation. Find someone in a position of authority—like a bus driver, a Public Safety Officer, instructor, or store manager, or a community leader—and ask them for help. Check in with the victim. If you think calling the police is the best option, ask the victim if they want you to call before you do.



intervene | DELAY

I check-in with the victim afterward. Sometimes waiting is safest. You might say: "Are you okay? Can I sit with you? Can I accompany you somewhere? What do you need?"



intervene | DOCUMENT

I document the situation so there's evidence of what happened. It can be helpful for the victim to have a video of the incident or notes about what happened. Always ask the victim what they want to do with the footage and never post it online or use it without their permission.