**Tackling Ageism as a Bystander with the 5Ds**

1. **Distract**
   Distraction is a subtle & creative way to intervene. The goal is to disrupt the incident of harassment by way of distraction. Cat memes & humour are highly recommended tactics.
   **Tip:** The power of distraction is that no one has to know you are actually intervening in harassment.

2. **Delegate**
   Delegation is asking a third party for help with intervening. The support of multiple bystanders can offset the inevitable power dynamic of the situation.
   **Tip:** This is where the power of community can be leveraged.

3. **Document**
   Documentation involves recording or taking notes of an instance of harassment. It can be really helpful but there are key points for safely & responsibly documenting harassment.
   **Tip:** ALWAYS ask the person harassed what they want to do with your recording/notes. NEVER post it online or use it without their permission!

4. **Delay**
   Even if we can’t act in the moment, we can still make a difference for someone who’s been harassed by checking in on them. Always helpful to ask if there’s any way you can support them.
   **Tip:** Lots of harassment happens too quickly to intervene, but we can still acknowledge what’s happened and offer support after the incident.

5. **Direct**
   Sometimes, we may want to respond directly by naming the inappropriate behaviour and/or confronting the person doing harm. Use this one with caution! Assess the situation in terms of your safety, as well as others’.
   **Tip:** Recognising & validating that the harassment is not okay can go a long way.

*The 5Ds were developed by Right To Be: www.righttobe.org*