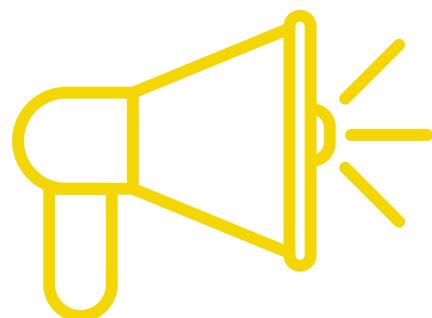


Bystander Resource Sheet



Interventions in the Moment:



- **Directly Act** - giving my attention to the person causing harm
- **Directly Act** - giving my attention to the person experiencing harm
- **Distract** - cause a distraction that puts an end to the situation
- **Delegate** - get help from someone else

Interventions after the Moment:

- **Check-in with the person who experienced the behaviour**
- **Ask if they are okay**
- **Ask how they would like to be supported**
- **Offer to go with them to tell someone what happened**

