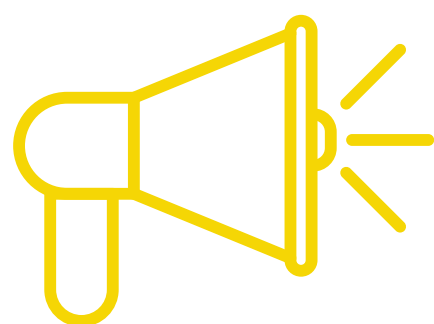


Bystander Resource Sheet



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

