

# THE 5D'S OF BYSTANDER INTERVENTION

## DIRECT

"Your behavior is not ok. Stop it!"

## DISTRACT

"Hey, can you help me with this?"

## DELEGATE

"Can you get them home?"

## DELAY

"I want to check in. How are you?"

## DOCUMENT

Note time, date, location.

**BE KINDER THAN NECESSARY.  
YOUR DECISIONS MATTER.**

**PUKING**

**UNRESPONSIVE**

**BREATHING** (irregular)

**SKIN** (blue or cold)

**SIGNS OF  
ALCOHOL  
OVERDOSE**

**Unsure?**  
Call Poison  
Control

**Call 911**

- **Call 911**
- **Remain w/ Your Friend**
- **Notify & Cooperate w/ University**

**STEPS TO  
AMNESTY**