

# If you see harassment, follow these tips to help intervene safely:

If you feel safe intervening:

## BE DIRECT

Be vocal. Call out what's happening. Ask if the person being harassed is okay.

## DE-ESCALATE

Speak calmly and slowly to everyone involved. Avoid telling the initiator to calm down.

## DISTRACT

Draw the initiator's attention away from the situation. Talk loudly. Ask for directions. Pretend to answer your phone.

If you don't feel safe intervening:

## DELAY

Wait until the situation is over. Follow up with the person being harassed to see how they're feeling.

## DOCUMENT

Scan the situation. Record the time, place and other relevant information. Offer this info to the person who was harassed when you feel it's safe to do so.

## DELEGATE

Ask for assistance from others. Talk to a fellow bystander, ETS security, peace officer or, in an emergency, call 911.

**Your #OneStrongVoice has power.  
Make it heard against harassment.**

Learn how you can safely intervene at [edmonton.ca/OneStrongVoice](https://edmonton.ca/OneStrongVoice)

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