



The 4 D's: Tips To Respond To Sexual Violence At School

Your involvement makes a difference. Don't just stand by and watch quietly.

Direct

Stand up for the person being bullied. If you feel safe, tell the bully to stop. Use phrases such as "Stop teasing!" "Don't fight!" "Leave him alone!" and "It's not funny!"

Don't join in. Don't laugh at the victim or participate in the teasing, harassing, or fighting. This encourages the bully to continue and can make the situation worse.

Help the victim walk away. A victim may be too afraid to leave on his or her own, but will do so with the help of a friend.

Distract

Distract from the bullying situation: A distraction may divert the situation temporarily. Awkward humor is a great distraction.

"Did you see that last episode of ____?"

Or, "Hey you left your ____ at my locker."

Delegate

Let someone else know what's going on: a group of friends, an older sibling, or a trusted adult.

You could also do this anonymously.

Encourage other bystanders to help the victim. Tell them not to join in the bullying.

Delay

Afterward, tell the victim you feel bad about what happened.

Encourage victims to talk to an adult, and offer to go with them.

Include the victim in activities. Be a good friend.

Source: <http://thoughtcatalog.com>