

# You can help!



SAN DIEGO  
COMMUNITY COLLEGE  
DISTRICT

- Talk to your friends openly about sexual assault.
- Don't be a bystander – if you see something, intervene in any way you can.
- Trust your gut. If something looks like a bad situation, it probably is.
- Don't wait for someone else to do something. You can make a difference.
- Keep an eye on someone who has had too much to drink.
- If you see someone who is too intoxicated to consent, encourage their friends to help them leave safely or get them a safe ride.
- Recognize the danger of someone who talks about planning to target someone else at a party.
- Be aware if someone is trying to intoxicate and/or isolate someone else.
- Keep your calm. Don't engage in any physical altercation or verbal abuse with the perpetrator. This can escalate the situation.
- Your safety comes first. If you cannot safely intervene, tell someone else as soon as possible. Record the event if you can, but do not share the recording without the victim's consent.

Title IX Office | [titleix@sdccd.edu](mailto:titleix@sdccd.edu) | [www.sdccd.edu/students/titleix](http://www.sdccd.edu/students/titleix)

San Diego County 24-Hour Crisis Line | 1-888-385-4657

## The Four Ds of Bystander Intervention



### DIRECT

Directly ask them to stop the behavior and explain why it is problematic. Always be aware of your own safety in these situations.



### DISTRACT

Distract them from the behavior. Flash the lights, knock over a drink, ask them about a game or TV show. Whatever you can think of.



### DELEGATE

Find someone else who can help you intervene in the situation, like another person at a party, a bartender, or an instructor.



### DELAY

If you can't intervene directly, distract them, or find someone to help, be sure to report the incident to the Title IX office as soon as you are able.