

## Actions We Can Take:

### How Can We Stand With / Be Ready To Support Our Neighbors?

#### Active Bystander Training:

If we witness a neighbor being harmed, verbally or physically, what can we safely do to help them? Too often we hear of bystanders witnessing an incident and not doing anything. Bystander training provides ideas on what you can do, depending on the situation and your comfort and safety, that will be of help to the victim: Five D's: Direct, Distract, Delegate, Delay & Document.

#### Bystander Training courses:

Right to Be (formerly Hollaback) Bystander Intervention Training

The 5 D's of Bystander Intervention – a guide. This link provides a good overview of Bystander Intervention and the 5 D's.

<https://righttobe.org/guides/bystander-intervention-training/>

Right To Be offers a variety of Bystander Intervention Training courses. They vary by the type of harassment used as the background for the training. All address the Five D's and would be helpful to address any kind of harassment. Each course is an hour long. This link takes you to information about the type of training offered and when they are available. From there you can sign up for a class:

<https://righttobe.org/our-training/>

Some of the upcoming classes are:

"Bystander Intervention to Stop Police Sponsored Violence and Anti-Black Racist Harassment". November 14, 2022, 10:00 am PDT.

"Stand Up Against Street Harassment" (gender bias), November 15, 2022 11:00 am PDT

"Bystander Intervention to Stop Islamophobic and Xenophobic Harassment". November 17, 2022, 2:00 pm PDT.

"Stand Up Against Street Harassment" (gender bias), December 7, 2022 11:00 am PDT

"Stand Up Against Street Harassment" (gender bias), December 10, 2022 12:00 noon PDT

“Bystander Intervention to Stop Police Sponsored Violence and Anti-Black Racist Harassment”, December 12, 2022 10:00 am PDT

“Bystander Intervention to Stop Antisemitic Harassment”. December 14, 2022, 4:00 pm PDT.

“Bystander Intervention to Stop Islamophobic and Xenophobic Harassment”. December 15, 2022, 10:00 am PDT.

Bystander Training on video (YouTube):

TED Talk by Nate Burke of Green Dot etc. This is a 17-minute video and well done. Green Dot etc. was an early developer of bystander intervention training. They started with 3-D's: Direct, Distract & Delegate.

<https://www.youtube.com/watch?v=2-wdXNmpyPw>

Bystander Intervention Training on YouTube. This is a recording of an online training course put on by Santa Clara on May 8, 2021. There is an introduction by three elected officials at the beginning. The course is taught by Courtney Mangus of CAIR (Council on American-Islamic Relations). This video is an hour long. It doesn't refer to the 5-D's as such. But does provide some good practical ideas for intervention.

<https://www.youtube.com/watch?v=vo80ZhDihRM>