

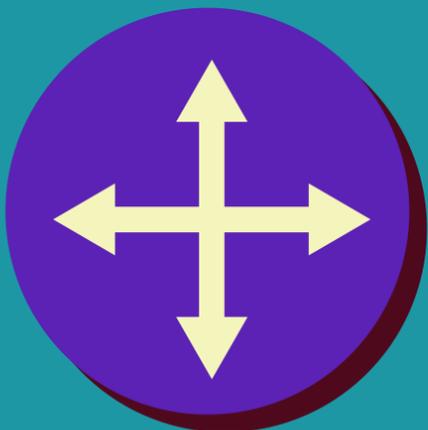
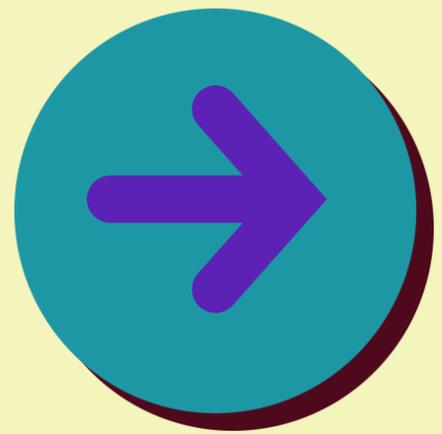
# 4 D'S OF INTERVENTION

Intervening in situations can be difficult, but here are some strategies to use

## DIRECT

An immediate intervention to inappropriate behavior or comments. The intervention builds awareness that a boundary is being crossed and/or that a boundary is being set. Direct intervention creates space for the behavior to be stopped or corrected.

Examples: Asking the person (s) being targeted if they are okay, Identifying the "harm doer" what is inappropriate about what they are doing



## DISTRACT

An in the moment response that intervenes the behavior or action without addressing why it's inappropriate.

Examples: Changing the topic of conversation, physically creating a distraction like spilling a drink, changing the activity or the location of an activity

## DELEGATE

An intervention that involves others. You don't have to intervene alone. Delegating is helpful if you don't know the best solution at the moment or don't think you have enough skills or power to intervene.

Examples: Asking other people around you to help you intervene in the moment (e.g., friend, colleague, bartender, stranger, someone who might have a higher authority or power)



## DELAY

An intervention that is useful after inappropriate behavior or comments have been done, but those involved did not have the power or feel comfortable to intervene in the moment.

Examples: Approach colleagues to asks if their are ways you can support them if they seem to be experiencing harassment.

## SARP RESOURCES

Sexual Response & Prevention Center  
930 Commonwealth Avenue  
24/7 Free Confidential Care  
call:  
617-353-SARP (7277)

