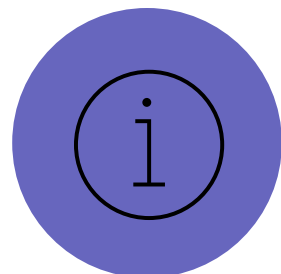


Safety and Sociability



Practice Mutual Respect

Show kindness. Listen to each other.



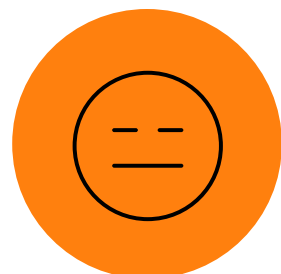
Share for Yourself

Use “I” statements when sharing.



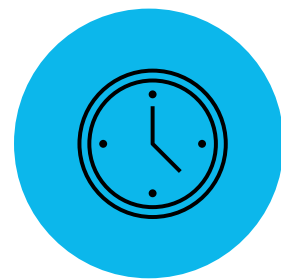
Include Everyone

Take turns when sharing. Encourage, but don't pressure, others to share.



Assume Confidentiality

What's shared stays. What's learned leaves.



Start on Time | End on Time

This session will begin and end on time.



Say Hi!

Introduce yourself in the chat.



Or Don't Say Hi

If you wish to stay anonymous, change your participant name, mute mic, keep video off.



We're Recording

We are audio and video recording.



Engage!

Type questions and comments in chat. Or raise your hand to signal you want to share.



Improve Your View

Use Speakers view or Gallery view.

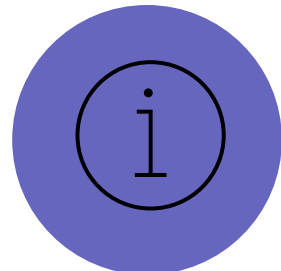


Safety and Sociability



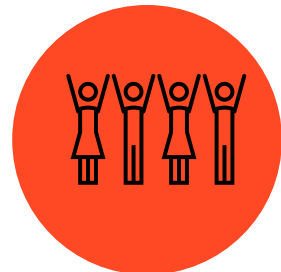
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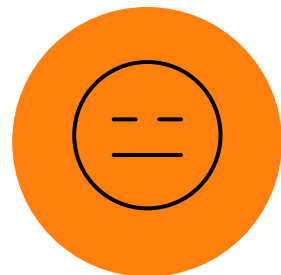
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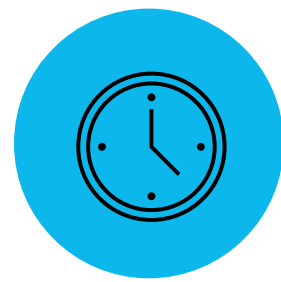
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Or Maintain Your Privacy

If you would rather not disclose your name or other information, that's okay too.



We May Take Photos or Videos

If you don't want to be included, let the people taking them know.



It's Okay to Move

Sit, stand, and stretch as you wish.



Step Away | Take Leave

Step away or leave as needed.



UPSTANDER INTERVENTION

Essential Peace Skills Training





**Be Peace.
Choose Peace.
Create Peace.**

Our Mission

Peace Through Action® USA inspires and equips everyday people to increase safety, belonging, and peace in their relationships and communities by cultivating their compassion and increasing their constructive communication and conflict resolution skills.



What We Do

- **Explore** issues of civic and social concern by producing events and resources.
- **Promote** examples of inspiring community peacebuilders.
- **Encourage** spiritual self-care and anchoring.
- **Teach** practical peace skills.
- **Support** personal and small group action planning for peace.
- **Bolster** community peacebuilding efforts.
- **Advocate** for a socially just society.



Orientation and Expectations



Session Outline

Part 1: Orientation and Expectations

Part 2: Upstander Intervention Skills Lesson

Part 3: Guided Practice

Part 4: Applied Practice

Part 5: Reflection

Part 6: Call to Action

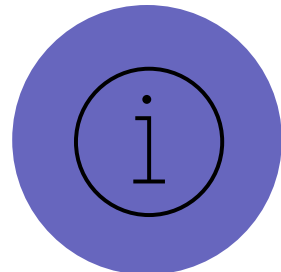


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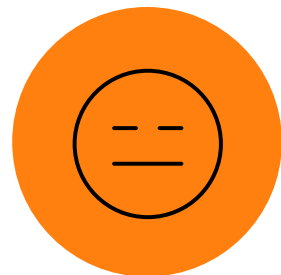
Share Personally

Use “I” statements when sharing.



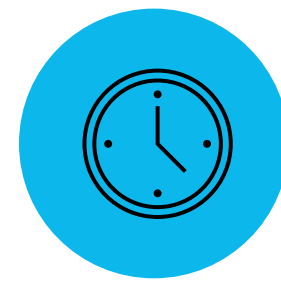
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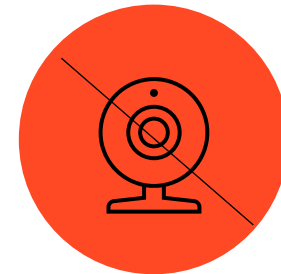
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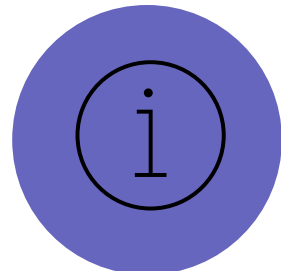
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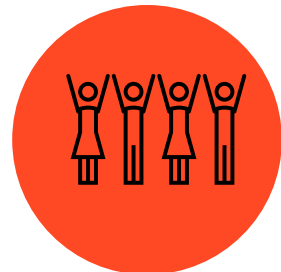
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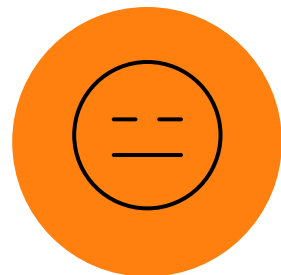
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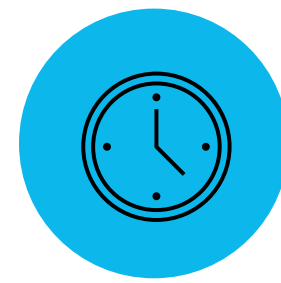
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Sign Up

Keep up with us by email.



peacethroughaction.org/email



Consent

Complete our media release to give us permission to use your name, voice, and/or image.



bit.ly/PeaceActMediaRelease



Session Purpose

This activity will help participants take safe, meaningful action to prevent harm, support others, and promote more inclusive and peaceful communities.

After the session, participants will be able to:

- Recognize common barriers to stepping in, such as the bystander effect or fear of judgment.
- Identify safe and appropriate upstander intervention strategies using the 5Ds framework.
- Apply practical steps for intervening in real-life situations.
- Strengthen their confidence and clarity surrounding when and how to intervene.
- Reflect on their values and consider small, safe ways they can align their actions with those values.



Upstander Intervention Skills Lesson





What Makes a Great Upstander?

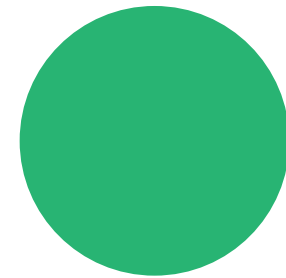
What skills or qualities help someone successfully support others in tense or unjust situations?

Barriers to Action

- Why Don't We Step In?
- The Bystander Effect
- We're less likely to act because we assume someone else will.
- Other common barriers:
- Diffusion of Responsibility: "Someone else will step in."
- Conformity: "No one else is reacting—maybe it's not a big deal."
- Ambiguity: "Is this really a problem?"
- Fear: "What if I make it worse or put myself at risk?"
- Concern for Relationships: "I don't want to upset my friend, teammate, or coworker."
- These are all understandable—and why practicing intervention skills matters.

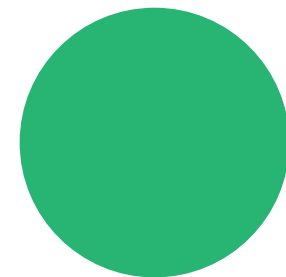


The 5Ds Framework Content



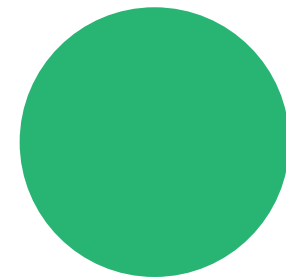
Direct

Speak up or check in.



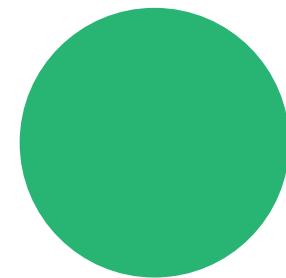
Distract

Shift focus to defuse.



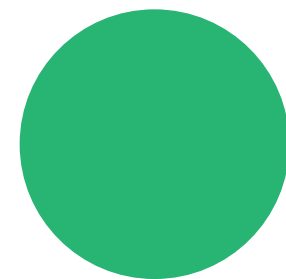
Delegate

Get help from others.



Delay

Follow up later.



Document

Record what happened (if safe).



Guided Practice



Guided Practice

Practice – Intervention Match-Up

- Small groups: Match scenarios to the 5Ds
- Discuss strategies that feel safe and realistic
- Share key insights with the group



Applied Practice





Applied Practice

Role Play: 5Ds in Action

- Rotate roles: Harm-doer, Victim, Upstander
- Practice responding with one of the 5Ds
- This is a safe space to practice! Mistakes are okay!

Reflection



Reflection

Reflection – What Are You Taking With You?

- Think of one word that captures what you're taking from today.
- Optional share-out
- Reflection prompts:
 - "What would help you feel more confident using upstander intervention skills?"
 - "Can you think of one real-life situation where you might use the 5Ds?"



Call to Action



Key Takeaways

- What are the four to six contents items you want participants to remember?
 - The bystander effect and how it challenges intervention.
 - The 5Ds of Upstander Intervention: Direct, Distract, Delegate, Delay, Document.
 - Safe and effective ways to speak up or support someone.
 - Improved confidence through guided and applied practice and rehearsal.
 - The importance of taking everyday action that reflect and amplify one's values.
 - Everyone has a role to play in promoting peace and safety – (an increased sense of responsibility).



Complete

Tell us what you learned from this session. Please complete this short survey.



bit.ly/PeaceActPostSurvey



Consent

Complete our media release to give us permission to use your name, voice, and/or image.



bit.ly/PeaceActMediaRelease



Act

- Learn more on module subject.
- Practice exercises with others.
- Use what you learned when facing a real-life situation.

Placeholder for QR Code.
Position is 8h, 8w,
8.5horizontal, .7vertical

**Enter hyperlink
redirection here**



Sign Up

Keep up with us by email.



peacethroughaction.org/email



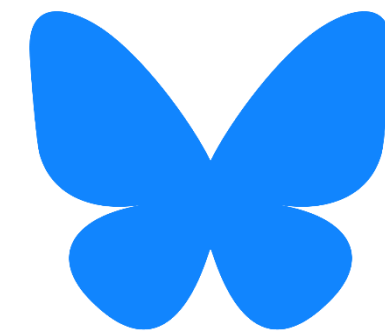
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[@peacethroughaction.org](#)



Promote

- Share our social media posts.
- Pledge to be a peaceful communicator.
- Nominate community peacebuilders.
- Propose your own activity!



peacethroughaction.org/promote



Uplift

- Pray for peace through action.
- Meditate on peace through action.
- Teach peace skills to your spiritual community.
- Propose your own activity!



peacethroughaction.org/uplift



Volunteer

- Boost our social posts.
- Teach a peace skill.
- Host an action meet-up.
- Write issue briefs.
- Join our board of directors.
- Propose your own activity!



peacethroughaction.org/volunteer



Start

- Start a community peace project in your community.
- Propose your own community peace activity!



peacethroughaction.org/start



Give

Support our mission activities with a gift of money for peace.



peacethroughaction.org/give



Contact

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Washington DC 20056-3466
202-827-5967
peacethroughaction.org
inbox@peacethroughaction.org

