

# A.C.T.S.

Analyze • Control • Take action • Support

## WITNESSES & VICTIMS

"The 5Ds approach by Right To Be & L'Oréal Paris, reimaged through the '5 Minutes in My Shoes' experience."



### 1. DETECT

I observe my surroundings.  
I analyze the risks and signals.



### 2. DISTRACT

I create a distraction.  
I interrupt the harasser's action.



### 3. DELEGATE

I find allies.  
I ask an authority figure for help.



### 4. DIRECT

I step in firmly. I say STOP, I say NO.  
I speak directly to the harasser.



### 5. DOCUMENT

I collect evidence discreetly.  
I do not share it.



### 6. DIALOGUE

I support the victim and break their isolation.  
I validate their feelings. I tell what happened to me.  
I file a complaint.

