Bystanders who see harassment in the workplace can **Stand UP and say something.**

There are many ways to be an ally.

**DISTRACT**
Interrupt, change the subject

**SUPPORT**
Connect later with the victim

**FOLLOW-UP**
Let the perpetrator know it’s not OK

**DIRECT**
Speak up in the moment

**REPORT**
Make a complaint to your manager or HR

**RECORD**
Make detailed notes

**RESEARCH**
Look up your harassment policy

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StandUP Teams™ is a respectful workplace program including bystander training.