

# IF YOU SEE SOMETHING, SAY SOMETHING:

The 5 Different Ways You Can Help When Witnessing Harassment.



## DISTRACT

Connect with the Victim or Harasser, change the subject, sing, etc. Diffuses tension.



## DELEGATE

Report the event/staying behind the scenes.



## DOCUMENT

Record/Take notes during event. Ask victim what they want to do with the documentation.



## DELAY

Support the victim afterward. "I'm sorry that happened to you".



## DIRECT

Confront harasser. Repeat, "This is not appropriate". Tend to escalate.

## Where you can report harassment:

*\* Mandatory Reporting Obligation-Must Report Harassment to the Anti- Harassment Coordinator*

1. **Management\***
2. **Anti-Harassment and Equity Coordinator \***  
Anita Heard  
Anita.Heard@dot.gov  
202-366-1607
3. **Internal EEO Complaint Program Manager\***  
Nikisha Bennett  
Nikisha.Bennett@dot.gov  
202-366-3894
4. **Employee Relations\***



U.S. Department  
of Transportation  
Federal Highway  
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