

# Intervention Method: Distract

“Distract” means reducing the tension or danger in a situation by redirecting the attention to something else. Distractions can be physical or verbal.



### ***When to “distract”***

1. You don't have the time for a deep dive
2. You need to be careful around some of the people involved (they may be your boss, a client, or someone you don't know)
3. You don't know what else to do

### ***Tips to create physical distractions***

Cause a commotion to shift the attention away from the harassment

1. “Accidentally” spill something, slam a door, drop something.
2. “Sneeze” and ask either person involved for a tissue.
3. Look at the time and physically pull one of the people away for “something important”.

### ***Tips to create verbal distractions***

Shift the focus of the conversation or change topics. It's not so important what you say; it's just important that you say something.

1. Exclaim “Oh, I forgot to tell you...”
2. Ask for the time, ask for directions, etc.
3. State that there is no time for this conversation because you need to get back to XYZ.