

Intervention Method: Document

Documenting means creating a record of an event or an issue — it could be video, audio, or written notes. Never post documentation without the person being targetted's permission. This could do more harm than good.



When to “document”

- When you are safe.
- When the person being harmed is being helped by someone else. Otherwise, try first to help them by using a different intervention method.
- When having evidence of a situation will promote justice.

Tips for documenting events

- Record the date, time, and location of the event(s).
- Record as many details about the incident as possible.
- If possible, provide the documentation to the person who was the target of harm.