



TAKE ACTION IN HONOR OF THE NYC Commission on Gender Equity 10th Anniversary

2026 Bystander Intervention Trainings with Right To Be

Right To Be, in partnership with the NYC Commission on Gender Equity (CGE) and the Mayor's Office of Equity & Racial Justice, celebrates the 10th anniversary of CGE by hosting **10 free, virtual trainings year-round** focused on bystander intervention for various communities. All trainings are **open to the public** and will be hosted on Zoom. These trainings introduce participants to Right To Be's 5Ds of Bystander Intervention methodology — Distract, Delegate, Document, Delay, and Direct — a proven framework for safely responding to harassment.

Bystander Intervention to Stop Anti-Black Racist Harassment in the Workplace

February 18 | 1:00 p.m. – 2:00 p.m.

This training will give you the tools to safely respond to anti-Black racist harassment in the workplace using Right To Be's 5Ds methodology. By the end of the training participants will be able to identify anti-Black harassment, learn how to intervene without escalating harm, and apply the 5Ds to support colleagues and foster safer, more inclusive work environments.

Register for this training: bit.ly/RightToBe-2-18

Bystander Intervention to Stop Online Harassment: How to Be an Ally When You Witness Abuse Online

April 9 | 1:00 p.m. – 2:00 p.m.

Right To Be, in partnership with CGE and ENDGBV, will host this bystander intervention training as part of the Denim Day campaign. As more of people's personal and professional lives go digital, online hate and harassment are on the rise. This training will give you the tools you need to intervene safely and effectively in online abuse using the Right To Be's 5Ds methodology.

Register for this training: bit.ly/RightToBe-4-9

Bystander Intervention to Stop Anti-Asian American and Xenophobic Harassment
May 13 | 1:00 p.m. – 2:00 p.m.

In this training, you will learn about Right To Be's 5Ds methodology. You'll be able to identify the types of disrespect that Asian and Asian American people face, what to look for, the positive impact of bystander intervention, and how to safely intervene when you see anti-Asian harassment.

Register for this training: bit.ly/RightToBe-5-13

Bystander Intervention to Support the LGBTQIA+ Community
June 17 | 1:00 p.m. - 2:00 p.m.

In this training, you'll learn about Right To Be's 5Ds methodology and how these strategies can be used to support the LGBTQIA+ community. You'll be able to identify types of disrespect that LGBTQIA+ people face, what to look for, the positive impact of bystander intervention, and how to safely intervene when you see anti-LGBTQIA+ harassment.

Register for this training: bit.ly/RightToBe-6-17

Bystander Intervention to Support the Disability Community
July 16 | 1:00 p.m. – 2:15 p.m.

In this training you'll learn about Right To Be's 5Ds methodology. You'll be able to identify the types of disrespect that people with disabilities or those perceived to have disabilities face, what to look for, the positive impact of bystander intervention, and how to intervene when you see ableism or disability harassment.

Register for this training: bit.ly/RightToBe-7-16

Bystander Intervention for Youth: How to Show Up for Others
August 13 | 1:00 p.m. – 2:00 p.m.

This training is recommended for students, grades 8–12, and offers an adapted version of Right To Be's 5Ds methodology. The training offers an intersectional approach to address bystander intervention to stop gender-based harassment, anti-LGBTQ+ harassment, or race-based harassment amongst youth. You'll learn how to safely intervene when you see harassment amongst your peers.

Register for this training: bit.ly/RightToBe-8-13

Bystander Intervention to Support the Latine Community in Public Spaces**September 16 | 1:00 p.m. – 2:00 p.m.**

This training will give you the tools to safely respond when you witness Latine people experiencing harassment in public using Right To Be's 5Ds methodology. You'll learn about the types of violence and harassment the Latine community experiences, what to look for, the positive impact of bystander intervention, and how to safely intervene when you see anti-Latine harassment.

Register for this training: bit.ly/RightToBe-9-16**Accountability and Repair: What To Do When We Screw Up****October 8 | 1:00 p.m. – 2:15 p.m.**

This training will provide you with strategies to hold accountability and build toward repair. Accountability calls attention to a specific action or behavior, not our worth or who we are as a person.

Register for this training: bit.ly/RightToBe-10-8**Bystander Intervention to Support Trans Equality****November 12 | 1:00 p.m. – 2:00 p.m.**

In this training, you'll learn about Right To Be's 5Ds methodology. The training will cover identities that fall under the trans umbrella and the types of disrespect that trans people face, the impacts of disrespect and harassment on trans identifying folks, the positive impact of bystander intervention, and how to safely intervene when you see transphobic harassment.

Register for this training: bit.ly/RightToBe-11-12**Engaging Men and Boys As Allies****December 10 | 1:00 p.m. – 2:15 p.m.**

Right To Be, in partnership with CGE and ENDGBV, will host this bystander intervention training as part of the 16 Days of Activism Against Gender-Based Violence campaign. You'll learn about the role of boys, men, and other masculine-identifying individuals in creating safer spaces, acknowledge how traditional power dynamics can be reshaped for positive change, how to recognize various types of disrespect, empower others through intervention, and safely intervene against hate and harassment.

Register for this training: bit.ly/RightToBe-12-10