

Bystander Responses to Bullying situations

It can be frightening as a bystander to step in and help a victim in any manner. Realize that there are a number of other students who also disagree with the behaviors, but are afraid to step up and stop it. As well, when we do nothing, we are condoning the behavior, and that means it will continue.

Possible options:

- Refuse to join in
- Refuse to watch
- Report any bullying you know or have seen
 - This is not tattling as you are trying to help someone, not get someone in trouble
 - Use anonymous reporting procedures
 - Get friends to confirm such events to teachers/staff members
- Be a friend to the victim
- Include anyone in group activities who often is left out or rejected
- Distract the bully so the bullying behavior stops
- Speak out, identifying what is happening and informing the bully and other bystanders that the incident is unacceptable
 - If there are established rules, then identify those
- Get a group together to stand up and support the bullied student