

TAKE A STAND AND LEND A HAND: BYSTANDERS AND THEIR IMPACT ON BULLYING

BYSTANDER OR ALLY?

Bystanders are kids or adults who witness a bullying incident and choose not to take an active part to stop it.

Allies are students or adults who witness bullying and take some action to either help the victim or end the incident.

Bystanders reinforce bullying 75% of the time just by watching. Twenty-five percent of the time bystanders intervene.

- Bystanders are present most of the time when there is a bullying incident on the playground or in the classroom.
- Most kids feel uncomfortable witnessing bullying, but very few intervene.
- Over half the time, the bullying will end within ten seconds of a peer stepping in and intervening.

By standing around watching, student onlookers become part of the problem. They are the audience the bully requires.

TAKE A STAND, LEND A HAND

Here are some ways students and teachers can become allies:

- Recognize bullying in its many forms. It's not just physical. It can be social and verbal as well.
- Walk away. By standing around and watching you encourage the bully. Walk away and go get help.
- Speak up and step in. Tell the bully that they are wrong and should stop.
- Encourage bystanders to get involved as a group. Group together and walk away. Leave the bully without an audience.
- Keep track of places where bullying is taking place. When this information is known, adults may more closely monitor a particular area.

SPEAK UP

Know the difference between telling and tattling. Reporting bullying is NOT tattling. Tattling is when a student tells an adult what another student did simply to get him or her into trouble.

Speaking up is when a student talks to an adult about what another student is doing because that student's actions are unsafe or might hurt another person. Speaking up is helping.