



TIPS FOR HELPFUL BYSTANDERS

Bystanders have the power to play a key role in preventing or stopping bullying. Their actions make a critical difference. Students and adults should think ahead about what they will do when they witness or hear about bullying.

Depending on how bystanders respond, they can contribute to the problem *or* the solution. **Hurtful bystanders** *instigate* the bullying by prodding the bully to begin, *encourage* the bullying by laughing, cheering, or making comments that further stimulate the bully, *join* in the bullying once it has begun, or *passively accept* bullying by watching and doing nothing.

Encourage and prepare students to become Helpful Bystanders.

- **Helpful Bystanders *directly intervene*** by discouraging the bully, defending the victim, or redirecting the situation away from bullying.
- **Helpful Bystanders *get help*** by rallying support from peers to stand up against bullying or by reporting the bullying to adults.

Discuss with students the different ways bystanders can make a difference. Provide examples of how helpful bystanders have shown courage and made a difference. Discuss how to determine if the situation is safe for student intervention or needs adult assistance. Let them know that adults will support them. Talk to students directly about a variety of ways to help stop bullying.

Tell students they can be helpful bystanders.

1. Your involvement makes a difference.
2. Stand up for the person being bullied.
3. Don't join in.
4. Help the victim walk away.
5. Encourage other bystanders to help.
6. Get help from an adult.
7. Tell the victim you feel bad.
8. Include the victim in activities.