I'm a B.O.S.S.

Anti-bully campaign

The Power of Bystanders

- B – **Bystanders** hold the key
- O – **Open** your mouth
- S – **Stand** up for others
- S – **Stick** together

Bystanders Hold the Key

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
- **Do Nothing**

Helpful Bystanders:

- **Directly Intervene**, by discouraging the bully, defending the victim, or redirecting the situation away from bullying
- **Get Help**, by rallying support from peers to stand up against bullying or by reporting the bullying to adults.

Open Your Mouth

Let a bully know that he/she is acting like a bully.

- "That's mean" – if you show disapproval, others are likely to agree
- "A teacher is coming" – even if it is not true, it can be effective
- "You are acting how a bully would act"
- "Stop! You are going to get in trouble"- reminding the bully that what they are doing is against school rules can be good discouragement

Stand Up For Others

Bystanders become Upstanders

- Don't Laugh
- Don't become an "audience" for the bully
- Stay away from the bully and help the target get away
- Reach out to the bully or the victim, in friendship
- If you notice someone being isolated from others, invite them to join you
- Include the victim in some of your activities
- Tell an adult

There are more people who disagree with bullying than there are bullies. We have to stand up for each other. If you are not part of the solution, you ARE part of the problem.

Stick Together

Getting bullied happens at all levels of life.

If you are being bullied

- find a friend to talk to who will help you feel better. Having a friend to talk to will help you know that you are not alone.
- Find and tell an adult

If you see someone being bullied

- Help them get away without putting yourself in harms way.
- Find and tell an adult

To help think of what you might do during a bullying situation, click the link below and answer the questions along the way:

McGruff Bullying