



Bystanders

Bystanders are the key to preventing and stopping bullying.

When their peers do nothing, bullies often feel encouraged to continue, or even increase, their bullying. If you see someone being bullied, here's how you can help.

- ▶ Tell the bully to stop what he/she is doing. How this is best done depends on the situation and the people involved. It may take something as simple as, "Hey Jake, come on, leave him alone."
- ▶ Ask the person who's being bullied to walk away with you and your friends.
- ▶ If it seems dangerous to step in, or if you don't feel comfortable saying anything, walk away. Don't give the bully an audience. Later, find the student who was being bullied and offer your support. "I am sorry that happened. You don't deserve to be treated like that."
- ▶ Report any bullying you witness in school to a teacher, counselor, or principal.

Stay Strong

We all go through difficult times in our lives. During these times, try to be positive, and stay strong.

- ▶ Put your time and energy into activities you enjoy or feel passionate about.
- ▶ Surround yourself with positive, supportive people.
- ▶ Talk to your family and friends about what's happening in your life. Talking helps put things in perspective, and it gives your family and friends an opportunity to offer their support.
- ▶ If you feel physically vulnerable, take a self-defense or martial arts class.
- ▶ When life gets you down, sometimes the best thing to do is to focus on helping others. Volunteer at an animal shelter or nursing home.
- ▶ Expand your interests. Do something new.
- ▶ Use positive self-talk. *"I can handle this." "I am a good person." "I can rise above this."*

*"Never be bullied into silence.
Never allow yourself to be made a victim.
Accept no one's definition of your life, but
define yourself." Harvey Firestone*



WOODBURN PRESS

High School InfoGuide
Bullies and Bystanders
www.woodburnpress.com
Copyrighted Material
693-17

Bullies and Bystanders





Bullies and Bystanders

Bullying is getting a lot of attention these days, as it should. No student should ever have to worry about dealing with a bully at school, after school, or online.

Bullying is aggressive behavior that is intentional, hurtful, and repeated.

Bullying isn't just a problem for the person who's being targeted. When students are bullied at school, the entire atmosphere of the school is affected. But teachers and principals can only do so much.

To stop bullying, teachers and principals must have help from their students.

Stand together with your classmates and make bullying unacceptable at your school.



Bullying

Bullying can take many different forms. All of them are hurtful.

Physical Bullying

- ▶ Pushing, shoving, hitting, kicking, elbowing, making threats, taunting, intimidation
- ▶ Stealing or damaging one's property
- ▶ Hazing a member of a team or group

Emotional / Social Bullying

- ▶ Spreading rumors, lies, or gossip
- ▶ Making insulting or hurtful comments
- ▶ Excluding someone from a group or activity

Cyberbullying

- ▶ Spreading rumors, lies, and gossip electronically (through emails, texts, or social networking sites)
- ▶ Sending threatening or intimidating texts/emails
- ▶ Posting embarrassing photos or video

Cyberbullying is difficult to deal with because it is often done anonymously—and it can be witnessed by many people in a short period of time.



Dealing with a Bully

- ▶ Avoid bullies when possible; however, don't allow a bully to keep you from doing the things you want or need to do, such as going to a game or to school. This is giving the bully what he/she wants.
- ▶ Don't show emotion. Bullies want a reaction.
- ▶ If you know that you will be in the vicinity of a bully, try to have one or two friends with you. Bullies are less likely to target groups.
- ▶ Show confidence. Stand tall, look the bully in the eye, and tell him/her to stop—or give a look that says "this isn't worth my time," and walk away.
- ▶ If you're the target of a cyberbully, don't respond. Print out and save copies of everything.
- ▶ If a bully is bothering you, keep a record. Include dates, times, places, and the specific things that were said, done, sent, or posted online.

If you are being bullied, tell a parent, teacher, or counselor what's happening. Also tell your friends.

Bullies try to isolate those they're bullying. Do not let that happen. Tell someone!