



A GOOD BYSTANDER

➤ If it is safe, use a shutdown in the moment. Encourage other bystanders to speak up too. There is strength and safety in numbers. Fifty percent of the time, if just one bystander says "Stop it", it will end the bullying within ten seconds. Here are some examples:

Nobody likes that.

Give it up.

Ease up.

Cut it out.

Relax.

That's harsh.

Just stop.

That's messed up.

Calm down.

That's mean.

That's just wrong.

That's cold.

That's rude.

What's up with that?

Chill out.

That's getting old.

Enough.

➤ In the moment, try to distract the mean student.

➤ Make up an excuse to get the target away from the mean kid. Interrupt the mean kid.

➤ Be friendly to the target during free time outside of class.

➤ Encourage friends who are being bullied to report it.

➤ Report it yourself (as the bystander) to an adult quietly and privately: E-mail, write a note, leave a voicemail phone message, or tell an adult the five W's privately: Who? What? Where? When? Witnesses.

AFTER REPORT, DON'T TELL EVEN ONE FRIEND

➤ Privately support the target at a later time.

THE RIGHT WAY: "What you are doing to _____ is really mean. Nobody likes it. It's getting old. We want you to stop before someone reports it.

➤ For gossiping, backstabbing, and rumor spreading: Don't pass it on later! Keep it to yourself! A rumor can't keep spreading unless you help spread it.