

Is a Bystander a Bully?

What would you do?

The impact of bullying and responsibilities of bystanders to report bullying and how and where to get help.

What is a bystander?

- A bystander is someone who happens to be there when something is happening.
- This topic is about being a bystander when someone is being bullied.





Research shows that bystanders can effectively stop bullying within 10 seconds of an intervention

In pairs or threes, thinking about the video you have just watched, discuss the following questions:

- 1.) What reasons do you think there are for why bystanders don't intervene when they see bullying taking place?**
- 2.) Why do you think being a bystander can make the bullying worse?**
- 3.) What can someone who witnesses bullying do to help?**

Every day the news is full of stories about people being bullied by someone who is more powerful than they are.

- The person being bullied looks different.
- They have a different religion.
- They are trying to move to a safer place.
- They haven't got a job.
- Trying to make a life for themselves and their families.
- They have a disability.
- Maybe some more powerful people are bullying them just because they can!

Well, we may not be able to do much for all the people around the world who are being bullied, but we can make a start by looking closely at what happens in our own lives.

What is a Bystander Bully?

- "He didn't really mean to."
"He was only joking."
"Well, she was the first to say it."
"I was only sticking up for my friend."
"Well, she doesn't try to join in."
"She thinks she's so good!"
"It was only a bit of fun."

- Have you heard people say things like this when they have been explaining why they stood by while someone was being bullied or hurt?
- Maybe you have said those kinds of things yourself?
- Everyone has the power to influence the lives of others in some way.
- Bullying is when someone uses their power to hurt or upset someone else.

**When bullying is
happening and you are
there, then you have
four choices.**

Bystander behaviour choices - using the reading

CORE Task (Step 1)

Create a spider diagram or bullet point list to show the four choices you have when you witness bullying:

- a) **Stand & Watch**
- b) **Support the Bully**
- c) **Get away**
- d) **Active Bystander**

EXPLAIN why someone would choose to be a Bystander

Add these ideas to your spider diagram notes.

EXTENSION (Step 2- extra thinking)

Can you think of different times in your life when you have been a bystander and done any or all of the 4 things in your spider diagram?

If you could go back in time and advise yourself, what would you say or do?

How would you behave or act?

Would you be a Bystander or an Active Bystander?

1. Stand and watch



If something is happening, it is normal for people to go and see what is going on.

If someone is being hurt by one or more people, it is normal to feel:

- **Curious** – why, what is this about?
- **Excited** – other people's emotions can be 'catching'.
- **Afraid** – what if that person being hurt was me?

Standing and watching someone get hurt puts you on the same side as the bully. **If you are not helping the victim, then you are giving your support to the bully.** Do you want to do that?

2. Support the bully

"I joined in because I was scared. I felt bad after that. K----was hurt and I had helped" – David

Everyone likes to feel powerful at times, but supporting a bully is not the way to go.

There are other reasons why someone might take sides with a bully.

- Maybe you don't like the person who is the victim.
- Maybe the bully is a friend.
- Maybe you are afraid that if you don't support the bully, you could be the next victim.

Helping a bully to hurt someone is misusing your power. How would you feel if you were the victim?

3. Get away from there

It is understandable to think:

- I don't want to get involved.
- I don't want to be hurt. (especially if you are younger or smaller)
- They probably deserved it anyway.
- Keeping out of trouble is best.

Getting away from bullying will keep **you** safe.

Once again, it is the bully who wins. **By going away you are in effect telling the bully that what he is doing is OK with you** – that you don't care if the victim is being hurt.

- Is that what you believe? What if next time the victim is you?

- "I pretended that I didn't know what was going on. I walked away" – D---

4. Be an active bystander

Here are some things you might try.

Say in a loud voice to everyone, "Come on guys, we're not watching this bullying", and find someone who can help.

Tell the person being bullied that you don't like it and ask, "Would you like me to tell someone or go with you to tell someone?"

If someone is being hurt, it is normal to want to help that person. But look at the situation carefully before you act.

It's important to keep yourself safe.

- You may try to stop it happening by saying something and getting others to say something.
- You may go to help the victim.
- You may try pulling the bully or bullies away, but only if it is safe for you to do so.
- You may try getting help – for example, asking others to help or getting a teacher or other authority figure to come and stop the bullying.
- You may offer to act as a mediator – someone who listens to both sides and tries to help resolve the conflict.

Non-physical bullying



Hurting people's feelings can be just as bad, if not worse than being beaten up, especially if it goes on every day.

If you know someone who is being bullied in this way, then you have 3 choices.

- Say and do nothing about it. In this case the bullying will continue.
- Let the bully know that it is not OK and you will report it if the bullying continues.
- Report the bullying to the teacher, through the anti-bullying process in your school, or put bullying on the agenda for class meeting. If the bullying is happening outside school, then report it to a trusted adult.

I didn't do anything



If someone is being bullied and you know about it, then saying "I didn't do anything" can make you feel better... or can it?

Ask yourself these questions – what if someone was:

- Hurt and "I didn't do anything?"
- So upset that he skipped school to get away from being bullied and "I didn't do anything?"
- So desperate that he tried to harm himself, and "I didn't do anything?"

Is the Bystander a bully?

You may not have joined in the bullying yourself, but by not doing anything to help the victim, you let the bully think that what was happening was OK and **you and they continue the culture of bullying.**

- Will it happen again? **Yes.**
- Could it happen to you? **Yes.**

Be an active bystander and help to stop bullying.
Use your power to let others know that bullying is not OK.

True or False?

Bystanders are usually watching when other young people get bullied.

True or False?

Most young people who watch bullying feel uncomfortable.

True or False?

Most young people who watch bullying do nothing to try to stop it.

True or False?

People who silently watch bullying usually make things worse.

True or False?

Young people who laugh at or cheer on bullying usually make things worse.

True or False?

Young people who try to stop the bullying often make things better.

True or False?

Sometimes adults don't stop bullying because they don't see it happen, don't hear about it, or don't understand how much it hurts.

True or False?

Both young people and adults can learn to become helpful bystanders who stop bullying.

True or False?

Bystanders are usually watching when other young people get bullied.

True or False?

True

Child bystanders were present in 85% or more of the bullying incidents in observation studies of children in playgrounds and classrooms.

True or False?

Most young people who watch
bullying feel uncomfortable.

True or False?

True

Between 80% and 90% of bystanders reported that watching bullying was unpleasant and made them feel uncomfortable. Many children also felt they should step in to help a child who was being bullied.

True or False?

Most young people who watch
bullying do nothing to try to stop
it.

True or False?

True

Bystanders stood up for the victim only 25% of the time. Instead, bystanders acted as silent witnesses 54% of the time and joined in with the bullying with words or actions 21% of the time.

True or False?

People who silently watch bullying usually make things worse.

True or False?

True

Even when bystanders simply watched bullying without trying to stop it, they made things worse by providing an audience for the bully. Bullying lasted longer when more bystanders were present and when bystanders did nothing to stop it.

True or False?

Young people who laugh at or cheer on bullying usually make things worse.

True or False?

True

When bystanders laughed at or cheered on bullying, they encouraged the bullying to continue.

True or False?

Young people who try to stop the bullying often make things better.

True or False?

True

When bystanders intervened to stand up for the victim, they were successful in stopping the bullying more than 50% of the time—usually within the first 10 seconds.

True or False?

Sometimes adults don't stop bullying because they don't see it happen, don't hear about it, or don't understand how much it hurts.

True or False?

True

Adults are often not aware of bullying because it usually happens in areas with little or no adult supervision, such as bathrooms, hallways, playgrounds, cafeterias. However, even when adults directly witness bullying, they often overlook or minimize its harmful effects. In playground observations, adults intervened in only 4% of the bullying incidents they witnessed.

True or False?

Both young people and adults can learn to become helpful bystanders who stop bullying.

True or False?

True

When children and adults learn, practice, and use effective ways for bystanders to stop bullying, incidents of bullying can be significantly reduced.

Support

- Support the person who is being bullied to ask for help, or report it. Help them find a trusted adult or show them where they can get help or report the incident.
- Report bullying to someone you trust (like a teacher, student hub, peer, older friend/ family, your parents, etc.). If the bullying is serious or you think someone's life or safety is at risk, report it to the authorities (school, youth organisation, police).



Being an active bystander

MY Curriculum is about **British Values** and one of those key values is “**The Rule of Law**” (living our best lives within the safety of the law).

Being an **active bystander** and stopping bullying is the same principle about any wrong, injustice or crime that you see happening.

We are not asking you to be heroes and put yourself at risk but **doing the right thing and not just allowing it to happen!**



<https://www.youtube.com/watch?v=JqYFcKUvX1o>

Manual Video Link

When you see a problem situation...

Distract

Approach the victim with a reason for them to leave the situation – tell them they need to take a call, or you need to speak to them; any excuse to get them away to safety.

Direct action

Call out negative behaviour, tell the person to stop or ask the victim if they are OK. Do this as a group if you can.

Delay

Wait for the situation to pass then ask the victim if they are OK. Or report it later when it's safe to do so – it's never too late to act.

Delegate

Tell someone with the authority to deal with the situation, or call for help.



Being an active bystander

At the start of the lesson, we asked you about when you might have been a bystander to bullying.

Can you think how you could have used one of these 4D tactics to help the situation:

- 1) **Distract**
- 2) **Direct Action**
- 3) **Delay**
- 4) **Delegate**

Explore these with your partner and then explain your ideas to the class.

REVIEW: Are we prepared to be active and make a difference?

Learning - We learn together

Belonging - We belong to this community

Pride - We are proud of ourselves and each other

Ambition - We have consistently high expectations



These are our school values to make OUR SCHOOL a place where we feel safe and proud.

It doesn't happen just because the Head or the Staff work there, **it happens because each and every individual student makes an effort to make it the best.**