Activity 3: What's our bystander strategy?

Introduction

Aim:	Students learn which of the strategies are most appropriate to use for different types of bullying and different situations.
Approximate duration:	30 minutes, depending on time allowed for discussion.
Format:	Small group, but adaptable.

***Important note*:** Ensure you have read the section on the *Teacher notes* headed *Before you run the classroom discussion starter activities*.

Instructions

1. This task is ideally done after Activity 2, in which case some of these instructions can be skipped. If you are running Activity 3 in a later separate session, start by reminding students of the definition of bullying from the animation:

   Bullying is when someone uses 'power' they have over you to try to hurt or upset you again and again.

2. General discussion questions to start the topic — try to keep this fairly short:

- Why is it a good idea for bystanders to stand up to bullying?

  Answers to reinforce: because it helps other people; it makes it safer and nicer for everyone; it makes it clear that most people don't like bullying to happen even to other people.

- When is it not a good idea to stand up to bullying?

  Answers to reinforce: If you feel in danger; if you feel afraid all the time and you can't think about schoolwork or enjoying anything; if you feel depressed or like you just don't want to try anything. In this case, you should you get help immediately by talking to an adult who can help.

3. Explain the activity: *The video https://www.youtube.com/watch?v=7ptoxibPNzU said there were some things people can do if they see bullying happening to others. Can anyone remember the strategies? This activity is about thinking about using different strategies in different situations, say on the bus, in the classroom or online*.
4. Ask students to work in small groups to complete the student *Activity 3: What's our bystander strategy? worksheet* and let them know they will report back their ideas.
5. With each small group or as a class, discuss students' ideas. You can refer to the *Teacher Answer guide* for Activity 2 for examples and what to avoid for each strategy.

Activity 3: What's our bystander strategy? worksheet

Situation	What are some strategies to try?	What words could I say?	What should I avoid saying or doing?
Some bystander strategies work better in some situations. Write some strategies to respond as a safe and supportive bystander. You can add other situations.			
In the playground (the example in the video) when someone is hitting or pushing someone			
Online when people are all saying mean things to another person			
On the bus when someone is taking someone else's belongings and wrecking them			
At sport when someone is making fun of someone who is not very skilled			

Situation	What are some strategies to try?	What words could I say?	What should I avoid saying or doing?
In the classroom when someone is tripping someone else all the time			
Online when someone is sharing a nasty or inappropriate image of someone else			
Remember, if these strategies don't work or you think there is immediate danger, report the bullying to an adult			