Activity 1: Bystanders can help stop bullying

Introduction

Aim:	Students learn what bystanders can do that can help to stop bullying happening to someone else.
Approximate duration:	10–15 minutes, depending on discussion.
Format:	Small group or whole class.

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

Instructions

1. If you haven't already done so, remind students of the definition of bullying: *Bullying is when someone uses 'power' they have over others to try to hurt or upset them again and again.*
2. Introduce the activity: *The video talked about some things that bystanders can do some can help it to stop. This activity will help us learn more about the different things that bystanders can do and some things not to do.*
3. Explain the task for students: *I'm going to read out/On these cards are some things that bystanders might do. You need to decide if that would help stop the bullying or whether it fits under the section 'What not to do'.*
4. Either read out (in a random order) the Bystander actions to the class or provide students with the Bystander action cards (printed and cut out) to place on the worksheet. You can print it on A4 for small group work or on A3 for a whole class discussion. Some examples may raise discussion and disagreement. Ask students to explain to others why they think a specific action fits in a column and invite further discussion.
5. At the conclusion of Activity 1, move on to Activity 2.

Activity 1: Student worksheet

Help stop the bullying	What not to do

Activity 1: Bystander action (print and cut up for small groups)

Hitting or punching someone after other students have	Telling someone to ignore mean words that have upset them	Saying, 'Just stop it, leave them alone'
Telling someone they can sit with you so they don't get bothered	Telling someone that no one likes what the person bullying is doing	Threatening someone, 'She's gonna get you again tomorrow, haha!'
Joining in throwing around someone's hat so they can't get it	Saying 'I'm not part of this' online and leaving the chat	Walking to class to help someone who is often picked on
Passing on someone else's nasty image of another person	Joining in a group of students who is standing over someone	Repeating the chant together 'Here comes the weirdo again'
Liking a nasty image of someone	Adding to comments online about someone being a loser	Watching while a group of students pick on another student
Telling someone who is bullying to go and find something else to do	Helping to stop someone from joining in with a group	Cheering on when bullying involves a physical fight
Tagging someone in nasty or inappropriate content online	Changing the topic away from rumours that people are sharing	Recording a fight and sharing it
Taking a screen shot and reporting verbal bullying online	Asking a person who has been bullied if they want help to report it	Organising a game at lunch somewhere the teacher can see you
Saying 'Let's keep this fun, okay. That's not on.'	Taking a screen shot of inappropriate images online	Going to talk to a teacher to tell them bullying is happening
Making fun of someone at school the day after online bullying	Laughing when someone who is being called names gets upset	Reporting the bullying you see to the social media service