Active bystanders ...

When bystanders stand up to bullying it is more likely to stop, especially in verbal bullying.

If bystanders step in it really helps the student being bullied.

Bystanders have a ripple effect; once someone starts, others feel more confident to join in or support.

There will usually be more bystanders than students who are bullying.

.... online

We want to be treated well in person and online. 84% of people want to be asked permission before someone uploads a picture or video of them.

Quick action by bystanders can stop online bullying spreading and rapidly reaching an enormous audience.

Positive bystander action against cyberbullying is supported by peers.
Active bystanders ...

Speak out when you feel safe to do so and never put yourselves in danger.

**Distract** the student doing the bullying, e.g., Don’t we need to get to class?

**Balance or counter** the focus of the bullying, e.g., Come on we’ve all made that mistake...

**Reason** with the student doing the bullying, e.g., You’re bullying, and we don’t like that at our school.

**Tell them to stop.**

**Don’t provide** a supportive audience for the person who is doing the bullying.

**Walk away** from the situation.

**Tell a teacher** (or other adult) if the bullying continues.

**Check in** with the student being bullied to see how they are feeling.

**.... Online**

**Refuse** to forward emails, texts, photos or links that could harm someone.

**Block** communication with people who threaten, harass and abuse others online.

**Report** to the relevant social media or to a trusted adult if the bullying involves criminal behaviour.