Active bystanders ...

Students respect bystanders who stand up for someone being bullied.

Students don’t like seeing others bullied.

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.

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