



Bystander roles

There are many reasons a bystander may choose to act or not act when witnessing someone being bullied. Most reactions fall into one of these four groups. Discuss some examples:

<p>Reinforcer</p> <p>Behaviours include laughing, cheering, encouraging</p>	<p>Assistant</p> <p>Behaviours include actively helping, such as blocking exits</p>
<p>Outsider</p> <p>Behaviours include silent observation that could be interpreted as approval</p>	<p>Defender or upstander*</p> <p>Behaviours include active support for the person being bullied</p>

*An **UPSTANDER** is someone who takes action or stands up when they witness someone being bullied or treated unkindly.



Always debrief after activities that involve sensitive topics that may trigger strong emotions.

Someone:

Tells you to do something you don't want to do.

Makes fun of someone with a disability.

Wants you to spread a rumour about someone else.

Wants you to exclude someone else from a game.

Tells you that you can't join in a game.

Tells everyone not to let you play with them.

Demands someone's lunch money.

Demands your lunch money.

Posts something mean or humiliating about you online.

Posts something mean or humiliating about a classmate online.

Threatens to fight a friend of yours after school.

Calls someone nasty names because of their gender or sexuality.

Has spread a nasty rumour about someone online and it has gone viral.

Repeatedly calls someone a very hurtful nickname at lunchtime that makes everyone laugh.

Makes fun of someone's clothes or circumstances.

Insults someone's parent for being of a different race or religion.

Posts embarrassing photos of someone online without permission.

Shares or forwards embarrassing photos of someone without permission.