

Name: _____

Did you know that when a bystander intervenes, bullying stops within seconds most of the time? Consider the fact that the majority of bullying occurs with others present.

Upstanders are people who take action when they see bullying. They have enormous power to prevent bullying. But it can be hard to be an upstander. Some young people think that bullying is none of their business, or that they don't have any power to stop it. Others fear that intervening will make the bully turn on them. The truth is that if one person speaks up, it's likely that other bystanders will support him or her. It takes only one person to get started.

Follow these tips and be an upstander, not a bystander:

- If you witness someone bullying another person, speak up and tell the bully to stop. A simple, "Hey, that's not cool," or "Just cut it out" can be very effective.
- If the bullying is physical, don't jump into the fight. Tell the bully to stop, and get an adult right away.
- If you know that someone is cyberbullying another student—for example, creating a cruel website or sending mean emails—tell the cyberbullies that what they're doing is immature and can be traced back to them.
- Help the target leave the situation. Invite him or her to come with you, or tell the target that a teacher is looking for him or her. Use any excuse that will get the target away from the bully.
- Publicly display support for the target. For example, if someone posts a cruel note on the target's locker, walk over and take it down.
- If you don't feel comfortable reporting the bullying, tip off a teacher anonymously. Try leaving him or her a note: "Someone should really monitor the back stairwell at lunch."
- Refuse to participate in cyberbullying. Don't forward gossip or rumors, and report any bullying websites to an adult.
- Offer to go with the target to report the bullying to school authorities. Tell him or her that you'll be a witness.
- Invite the target to sit with you at lunch or hang out with you in gym class—wherever the bullying usually takes place. Include him or her in your group whenever you can.