

PUT A TO BULLYING

Bystanders don't bully, but they do have a role to play. How you behave as a bystander can encourage or discourage a bully. Here are some steps to take to help you put a stop to bullying.

Don't watch quietly or cheer the bully on.

It only makes the bully feel stronger.

If you know the bully, take him/her aside to say how you feel.

Tell the bully, "That's not funny!" or "Cool it. This isn't going to solve anything." Or "How would you like it if someone did that to you?"

Get other bystanders to stand up to the bully as a group.

There's strength in numbers. But use your words, don't get physical.

Get the bully's target away from the bully.

It's hard to bully someone who isn't there.

Report the bullying.

If standing up to a bully seems dangerous, tell an adult you trust. It's not tattling.

Reach out to the target.

Be a friend. Include the target of bullying in your activities.



24 Hour Hotline 724.836.1122

Toll Free 1.888.832.2272

www.blackburncenter.org

