

## **What students can do if they witness bullying?**

“Bystanders” are those who witness the act of bullying at school. It is critical that these bystanders take action by getting help so the bullying will stop.

- Don't just stand there, say something. Those who bully typically think they are being cool. Students can tell a person to stop being a bully, but be careful not to use the same tactics the bully used by name calling or making fun of the bully.
- Teach your child to tell an adult about bullying. It is not “tattling,” and helping a person who is being bullied is an act of courage.
- Bystanders can talk to the student who is being bullied and tell him/her that it's not his/her fault and that they need to tell an adult.
- Bystanders can also talk to other bystanders and encourage them not to laugh or join in. Tell the bystanders they are part of the problem if they are not helping the person who is being bullied.
- Teach your child to make friends with students who are bullied by including them in activities and conversations in the hall, in the lunchroom, and on the bus.



*\*Source: National Center For Missing & Exploited Children*