

Types of Bullying

TYPE	CHARACTERISTICS	EXAMPLE
Physical Bullying	Tries to control or gain power	<ul style="list-style-type: none">• Punching, pushing, shoving• Breaking someone's things• Rude gestures
Verbal	Using words or statements	<ul style="list-style-type: none">• Insults• Name-calling• Inappropriate sexual comments• Threatening to cause harm
Social/Relational	Attempt to sabotage a peer's social standing and increase their own social standing	<ul style="list-style-type: none">• "Mean girls", "frenemies"• Insulted, ignored, or excluded• Spreading rumors• Embarrassing someone in public
Cyberbullying	Use of the internet	<ul style="list-style-type: none">• Hurtful images• Threats• Emails, texts

If you're a bystander

RESPONSE	EXAMPLE
Group intervention <ul style="list-style-type: none"> • Get others to stand up - there's strength in numbers. • It can create a ripple effect, once someone steps in others will follow. 	<ul style="list-style-type: none"> • Connect with other bystanders through eye contact and body language. • Support the victim. See how they're feeling after the incident is over.
Show disapproval <ul style="list-style-type: none"> • Show the bully that their behavior is not normal. 	<ul style="list-style-type: none"> • Sometimes a hard stare is enough.
Distract the bully <ul style="list-style-type: none"> • Ask them something totally unrelated. 	<ul style="list-style-type: none"> • "What time is the game on Saturday?" • "I like your shirt, where'd you buy it?"
Reason with the student doing the bullying <ul style="list-style-type: none"> • Point out what they're doing is wrong. • Tell them to stop. • Do not provide support. Do not gang up on the victim. 	<ul style="list-style-type: none"> • "You're bullying, we don't do that at this school." • "This whole thing is getting old and I need you to stop."
Counter or change the focus of the bully <ul style="list-style-type: none"> • Lessen the severity of the situation. 	<ul style="list-style-type: none"> • "Take it easy, we all make mistakes."
Exit <ul style="list-style-type: none"> • Help the victim exit the situation. 	<ul style="list-style-type: none"> • "Hey, Mr. Smith needs to see you in his classroom. Come with me."

Five Reasons Bystanders Choose Not to Intervene in Bullying Situations

Someone else will surely step in.	In school, students often think an adult will always be there to step in, but often they are not.
If I say anything, he/she will go after me next.	People do not want to become the next victim.
I don't like what she/he is doing, but she/he is still my friend.	People know that bullying is wrong, but they don't want to hurt their friendship.
I would say something, but she and I aren't really friends.	Bullies often pick victims they know few other classmates will defend. These people are already isolated, may be members of a group that is easy to target, and be the subject of bias and prejudice.
I don't want to stand out.	It's very difficult to call attention to yourself in many situations. People like to be part of the "herd."

What?

Why is the role of the bystander so important in stopping bullying?

So what?

What is the main reason that would prevent you from becoming an active bystander?

Now what?

What are some strategies you can use to overcome your reluctance and intervene when you see bullying?