

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:

Reinforcer

Behaviours include laughing, cheering, encouraging

Assistant

Behaviours include actively helping, such as blocking exits

Outsider

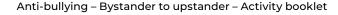
Behaviours include silent observation that could be interpreted as approval

Defender or upstander*

Behaviours include active support for the person being bullied

 $^{^* \, \}text{An UPSTANDER} \, \text{is someone who takes action or stands up when they witness someone being bullied or treated unkindly.} \\$





Scenarios

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.

