

(accessed at www.stopbullying.gov, 10-8-12, and modified)

A federal government website managed by the U.S. Department of Health & Human Services

**Note to adults: This advice for children requires adult support and understanding. Children should not have sole or primary responsibility for preventing and addressing bullying, especially at school.*

BE MORE THAN A BYSTANDER

Be a friend to the person being bullied.

- Help someone who's been bullied by simply being nice to them at another time. Being friendly can go a long way toward letting them know that they're not alone.
- Spend time with the person being bullied at school. Simple gestures like talking to them, sitting with them at lunch, or inviting them to play during physical education or recess can help a lot.
- Listen to the person being bullied, let them talk about the event.
- Call the person being bullied at home to provide support, encourage and give advice.
- Send a text message or go up to the person who was bullied later. Let that person know that what happened wasn't cool, and you're there for them.
- Help by telling the person being bullied you don't like the bullying; ask if you can do anything to help.
- Help the person being bullied talk to a trusted adult.

Tell a trusted adult, like a family member, teacher or coach.

- An adult can help stop bullying by intervening while it's in progress, stopping it from occurring or simply giving the person being bullied a shoulder to lean on.
- Bystanders can tell a trusted adult in person or leave them a note.
- If bullying is occurring, go find or ask a friend to find a trusted adult as soon as possible.
- Don't get discouraged if you've already talked to an adult and nothing has happened. You can ask a family member if they will help, and make sure the adult knows that it is repeated behavior.
- Talk to as many adults as possible if there's a problem—teachers, counselors, custodians, nurses, parents—the more adults involved the better.

Help the person being bullied to get away from the situation.

- Create a distraction. If no one is paying attention, the behavior may stop. Bystanders can help to focus the attention on something else.
- A bystander can offer a way for the person being bullied to leave the scene by saying something like, "Mr. Smith needs to see you right now," or "Come on, we need you for our game."
- Only intervene if it feels safe to do so, and never use violence in order to help the person get away.

Set a good example. Do not bully others.

- If a child does not bully others, other students may follow the example. To help even more, actively participate in anti-bullying activities and projects.
- Contribute to the anti-bullying culture at school through school clubs and organizations.
- Create anti-bullying posters, share stories or show presentations promoting respect for all.

Don't give bullying an audience.

- Don't encourage the behavior by giving it an audience.
- Oftentimes, those who bully are encouraged by the attention that they receive from bystanders.
- Help stop bullying by actively not supporting it.
- When you see bullying, act disinterested or blatantly state that you don't think bullying is funny.
- Help by keeping your distance from the situation. If children ignore it, it may stop.
- If the bullying doesn't stop, tell a trusted adult.

Further information: NJ Coalition for Bullying Awareness and Prevention, www.njbullying.org