

Name: \_\_\_\_\_

## Strategic Response Plan for Bystanders to Bullying

If you know someone who is being bullied on- or offline, there are actions you can take as a bystander to help improve the situation, including but not limited to:

- Ask the person bullying to stop.
- Offer help to the student being bullied.
- Tell someone who can help if the situation is not safe for you to intervene.
- Invite the student being bullied to join in your group.
- Ask another student or group of students to help you help the person being bullied.
- Later, let the person who was being bullied know that you didn't like what the person bullying was doing and that he or she should feel welcome to come and join your group if he or she wants to.
- Let the person being bullied know he or she is not alone.
- Encourage any others who may be supporting the bullying in passive ways to stop.
- Talk with your friends about how you feel when someone is being bullied and what actions you can take together to discourage the bullying from continuing or moving to others.
- Encourage the person being bullied to talk to an adult who will listen. This may be a teacher or a parent.
- Encourage the person being bullied to talk to you about what is happening.
- Do not tell the person being bullied to deal with the problem on his or her own.
- Offer to speak to an adult on behalf of the person being bullied.
- Let the students bullying know that you know what is going on.
- Raise the issue of bullying with the student council (if the school has one) or in discussions in the classroom.