

Session on Bullying Facilitator's Guide



Be More Than a Bystander

Fast Facts on Bullying

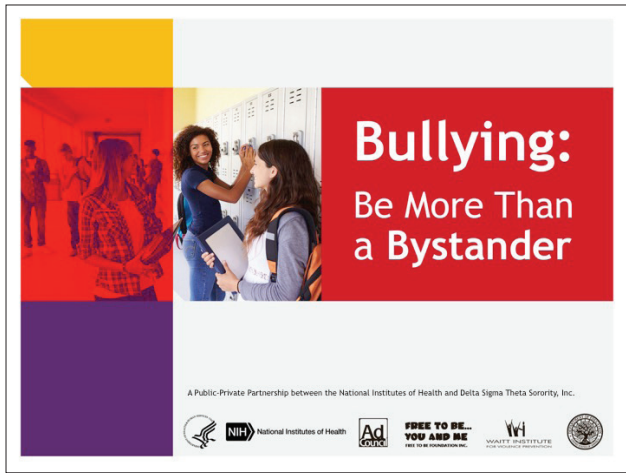
This information is provided to give background on bullying and its frequency among young people. You don't have to read all of these facts to your class, but can mention them if related issues are raised during the discussion.

- The 2010–2011 School Crime Supplement (National Center for Education Statistics and Bureau of Justice Statistics) indicates that, nationwide, 28 percent of students in grades 6 to 12 experienced bullying.
- Approximately 30 percent of young people admit to bullying others in the surveys.
- Most bullying happens in middle school. The most common types are verbal and social bullying.
- 70.6 percent of young people say they have seen bullying in their schools.
- Bullying is not usually a simple interaction between a student who bullies and a student who is bullied. Instead, it often involves groups of students who support each other in bullying other students.
- This is the full definition of bullying from stopbullying.gov:

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both students who are bullied and who bully others may have serious, lasting problems.

Facilitator's Guide

Bullying: Be More Than a Bystander



Ask the class:

What is bullying?

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What is bullying?

- Bullying often includes:
 - Teasing
 - Talking about hurting someone
 - Spreading rumors
 - Leaving someone out on purpose
 - Attacking someone by hitting them or yelling at them
- Bullying is unwanted, aggressive behavior among kids and teens that involves a real or perceived **power imbalance**. That means the person who bullies seems more powerful because of strength or popularity than the person being bullied. The **behavior is repeated**, or could be repeated, over time.

After a few responses, go over the definition and some additional details about bullying.

- **SAY:** This is the full definition of bullying from stopbullying.gov:
 - Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both students who are bullied and who bully others may have serious, lasting problems.
- **ADD:** In order to be considered bullying, the behavior must be aggressive and include:
 - An imbalance of power: Students who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.
 - Power imbalances can change over time and in different situations, even if they involve the same people.
 - Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.
- **EXPLAIN:** Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



What is cyberbullying?

Remember, bullying does not only happen at school or in person. Cyberbullying is a type of bullying that happens online or through text messages or emails.

Ask the class:

What is cyberbullying?

After a few responses,
go over the following
definition.

Cyberbullying is bullying that takes place using electronic technology. Examples of cyberbullying include mean text messages or emails, rumors spread by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

What do you think it means to be a bystander?

How you can be more than a bystander when you encounter bullying

Ask the class:

What do you think it means to be a bystander?

After a few responses,
define the role of a
bystander.

SAY: Bystanders remain separate from the bullying situation. They neither reinforce the bullying behavior, nor defend the child being bullied. Some may watch what is going on but do not provide feedback about the situation to show they are on a particular side. Like the word suggests, a bystander just stands by, taking no real action.



Be a **friend** to the person being bullied.

Students can 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.

Ask the class:

What are some ways bystanders can support someone who they see being bullied?

After a few responses, go over the following strategies.

- **SAY:** Spend time with those who are being bullied at school, such as:
 - Talk to them.
 - Sit with them at lunch.
 - Invite them to play sports or other games during physical education or free period.
- **ADD:** Listen to the person being bullied and let him or her talk about the event and his or her feelings about the situation.
- **SAY:** Get your parents' permission to:
 - Call the person being bullied at home to provide support, encouragement, and advice.
 - Send a text message or talk to the person who was bullied, at a later time. You can let that person know that what happened wasn't cool, and that you are there for support.
- **SAY:** Tell the person being bullied that you don't like the bullying and ask if you can do anything to help.



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

An adult may be able to help stop bullying by stepping in while it's in progress, preventing it in the first place, or simply giving the person being bullied a shoulder to lean on.

Ask the class:

How can telling a trusted adult make a difference?

After a few responses, go over the following information.

- **SAY:** If bullying is occurring, bystanders can go find, or ask a friend to find, a trusted adult as soon as possible. The adult may be able to stop it from continuing.
- **ADD:** A bystander can tell a trusted adult in person, by sending an email, or by leaving him or her a note.

Ask the class:

What can you do if you try to talk to an adult and they seem to do nothing that helps?

After a few responses, go over the following suggestions.

- **SAY:** Do not get discouraged if you have already talked to an adult and it seems nothing has changed.
- **EXPLAIN:** If the bullying continues, you can ask a family member for help, and make sure the adult knows if and when the behavior is repeated over time.
- **SUGGEST:** Try talking to as many adults as possible if there's a problem—teachers, counselors, custodians, nurses, and parents. The more adults involved, the more likely it is that the bullying will stop.



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

There are a few simple, safe ways you can help the person being bullied get away from the situation.

However you do it, **make sure you do not put yourself in harm's way.**

Ask the class:

How can you help a person being bullied get away from the situation?

After a few responses, go over the following suggestions.

- **SAY:** A few simple ways to help include:
 - Create a distraction. The person who is doing the bullying gets his/her reward through the attention that it brings. If the person doesn't get any attention, the behavior may stop.
 - Help to focus the attention on something else.
 - 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."

Remind students:

- **SAY:** Remember, get involved only if it feels safe to do so.
- **ADD:** Never use violence to help the person get away.
- **ADD:** Never hesitate to seek immediate help from an adult if the bullying becomes violent.



Don't give bullying an audience.

If you see someone bullying another person, don't watch. Doing so could encourage the behavior.

Instead of laughing or supporting, you can let those who bully know that their behavior isn't entertaining.

Review:

Those who bully are often encouraged by the attention they receive from bystanders. Instead of laughing at or supporting the bullying, you can let those who bully know that their behavior isn't entertaining.

Ask the class:

How can you show your lack of interest in a bullying situation?

After a few responses, go over the following suggestions.

- **REMINDE THEM:** When you see bullying, act disinterested or simply say that you don't think bullying is entertaining or funny.
- **ADD:** Keep your distance from the situation, or just walk away. If bullying doesn't have an audience, it may stop.
- **EXPLAIN:** If the bullying doesn't stop, follow other tips, like telling a trusted adult.



Set a good example. Do not bully others.

If you do not bully others, other students will follow your lead. To help even more, you can participate in anti-bullying activities and projects.


Ask the class:

How can you encourage others to not bully?

After a few responses, go over the following suggestions.

- **SAY:** Take steps to ensure that you don't bully others and don't encourage bullying behavior. **ADD:**
 - Look for opportunities to contribute to the anti-bullying activities at your school through school clubs and organizations.
 - Create anti-bullying posters, share stories, or show presentations promoting respect for all.
 - Use tools like the "Youth Leaders Toolkit," available on stopbullying.gov, to work with younger children to prevent bullying.
 - Visit stopbullying.gov for more examples of what you can do to set a good example.

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Protect yourself and others from cyberbullying.

- Always think about what you post online.
- Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other students.
- Think about who sees what you post online.
- Keep your parents in the loop.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

Bullying: Be More Than a Bystander

Getting Help

If there has been a crime, or you or someone you know is at immediate risk of harm, call 9-1-1.

If you or someone you know is feeling hopeless, helpless, or thinking of suicide, call 1-800-273-TALK (8255).

Learn more about bullying at <http://www.stopbullying.gov/>.

Ask the class:

What are some things you can do to protect yourself and others from cyberbullying?

After a few responses, go over the following suggestions.

- **SAY:** Always think about what you post BEFORE you actually post it. You never know where your post might go or what someone might forward or share. Being kind to others online will help to keep you safe. Don't share anything that could hurt or embarrass anyone.
- **REMIND THEM:** Keep your password a secret from others. Even those who seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- **EXPLAIN:** Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Use privacy settings to control who sees what.
- **SUGGEST:** Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them "friend" or follow you. Listen to what they have to say about what is and isn't okay to do when you're online. They care about you and want you to be safe.
- **ADD:** Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

Remind students:

- **EXPLAIN:** Young adults may be reluctant to seek help for cyberbullying, even though they do recognize it as a serious issue.
- **SAY:** You can also report cyberbullying to online service providers, law enforcement, or the school.

Remind students:

- **SAY:** If you feel you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to get help.
- **ADD:** If there has been a crime, or you or someone you know is at immediate risk of harm, call 9-1-1. If you or someone you know is feeling hopeless, helpless, thinking of suicide, call 1-800-273-TALK (8255).

Supplemental Questions for Discussion

Talking about bullying directly is an important step in understanding how the issue might be affecting participants. There are no right or wrong answers to these questions, but it is important to encourage students to answer them honestly. Assure them that they are not alone in addressing any problems that arise. These questions can be used to further the conversation and to peer-to-peer interaction:

- What does bullying mean to you?
- Describe what those who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?
- Have you or your friends left other students out of an activity or activities on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?
- Do you ever see students at your school being bullied by other students? How does it make you feel?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

These questions can be used as an icebreaker activity or to prompt small-group discussions following the presentation.

Resources

Stopbullying.gov offers tips, facts, toolkits, training materials, and more related to bullying. Their inventory is the most comprehensive source of resources and includes federal and nonfederal training materials, evidence-based program directories, articles, and other resources that you may find helpful in addressing the problem of bullying. Visit <http://www.stopbullying.gov/resources>.

Stopbullying.gov also provides a resource for community members interested in getting more involved in bullying prevention. The Bullying Prevention Training Module Presentation is a research-based resource that can help you lead bullying prevention efforts in your local community.

Visit <http://www.stopbullying.gov/prevention/training-center/>.

For teen-specific information, visit <http://www.stopbullying.gov/what-you-can-do/teens/>.

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers a free app, KnowBullying, that encourages parents and caregivers to spend at least 15 minutes a day listening and talking with their children to prevent youth violence including bullying. The KnowBullying app provides interactive questions to start conversations with children about bullying and bullying prevention.

Visit <http://store.samhsa.gov/apps/knowbullying/index.html>.

Additional federal government resources for students are available at <http://kids.usa.gov/teens/health-and-safety/safety/#bully>.

