

POWER UP! And Stand Up to Bullying.

Possible Effects for the Bystander.

- Feel angry, helpless, and guilty.
- Don't feel safe where bullying takes place, like in certain hallways in school, on the bus, in the park, or online.
- Fear of becoming the next victim.

Two out of three kids want to help when they see bullying, and helping out is one of the most effective ways to stop bullying and prevent it from happening again. When friends help out, 57 percent of the time bullying stops in 10 seconds (Hawkins, Pepler, and Craig, Social Development, 2001).



There are effective and safe ways for kids to step in and help others being bullied.

Some work better in certain situations than others. You can help kids decide when to use each method by role-playing bullying situations with them. Remember to emphasize that kids should only step in when they feel safe.

- **Walk Away.** This shows bullies that their behavior is not funny or okay.
- **Speak Up.** Tell bullies that what they are doing is wrong. By saying, “that’s not cool, let’s get out of here” or something similar, kids can stand up for each other. This may also give other bystanders the confidence to speak up or walk away.
- **Power UP!** Simply a stare, walking up and standing next to someone being bullied can make a difference.
- **Be a Friend.** Sometimes kids get picked on because they don’t have any friends or anyone to stand up for them. When kids befriend someone being bullied, bullies are less likely to pick on them. Friendship can also give children the support and the confidence to stand up for themselves.
- **Ask Others to Help.** When more kids stand up to bullies, the bullies will be more likely to realize their actions are not okay.
- **Go To a Trusted Adult.** (A teacher/counselor) Sometimes kids who are bullied are afraid to ask an adult for help because they think it will make the bullying worse. Kids can help by telling an adult what is happening.

As a School Create a Suggestion BOX– For students to share cares, concerns, and suggestions for the school.

What is your school’s protocol for bullying behavior?