



Imagine Newsletter

A School Climate Approach to Bullying Prevention

Information for Parents

Issue # 6

Helpful Bystanders

Over time, all children will be involved in bullying either as the child bullying, the child being bullied or the child who sees the bullying (the bystander).



- Most bullying takes place in front of other kids
- Many bullying incidents can be stopped if bystanders speak up to stop the bullying
- When adults don't stop the bullying, bystanders learn to accept bullying as normal

Why Kids May Not Help the Child Being Bullied:

- They're afraid of getting hurt themselves.
- They don't know what to do and think they might make matters worse.
- They make excuses like: "It's not my problem", "He's a loser", "She deserved it", "I don't want to be called a rat", "I'd rather be on the side of the bully", or "It's none of my business."

The child who bullies gains power from those who are supporting or watching the behaviour. Talk to your child about some things that they can do as the one watching the bullying.

Bystanders can:

- Tell the child who is bullying you don't agree with what they are doing.
 - Find an adult you trust and tell them what is happening.
 - Talk to the child who was bullied after the incident to make sure they are okay and tell them you do not support the bullying behaviour.
 - At the very least, just walk away, showing they don't approve of this behaviour.
- Leading by example prevents the child who is bullying from gaining any more power.

As an adult, you may see children bully. In that case *YOU* are the bystander. You need to:



- Stop the bullying behaviour by calmly separating the children.
- First, talk to the child who was being bullied. Find out what happened and get more information. Then make a plan so that they are safe.
- Next, talk to the child who was bullying. Name the behaviour as bullying. Point out the effect on the other child. Remind him/her of what behavior you expect and provide a consequence, e.g. take away privileges or have a talk about how he/she could make things right with the other child.