

Bullying worksheet B

Read the article and answer the questions.

In what ways do bystanders help bullies?

What can bystanders do to stop the bullying?

What did you learn from the text that was interesting? Which information in the text surprised you?

READING B: The bystander

Bullies don't bully in private. Someone always sees it or knows about it. These people are called bystanders. Bystanders can choose to: (a) join the bully, (b) ignore the bullying or (c) stop it.

Bystanders who join the bully are as bad as the bully, because they help the bully. They laugh when the bully does something mean, so the bully thinks he/she is cool or popular. If bystanders 'like' the bully's internet posts, the bully posts more. These people make the problem worse.

Some bystanders do nothing. They are afraid that if they say something, the bully will hurt them too. This makes sense. But bystanders who do nothing are saying that 'bullying is OK'.

Bystanders need to stop helping bullies. Here are some reasons why:

- They are not victims today, but they can become victims in the future!
- Bullying can get worse. Victims get ill, hurt and sometimes they even die. Did you know that about 60 per cent of boys who bully in middle school become criminals later in life?
- Other bullies copy. Young people think that bullying is cool and they begin to bully.
- No one wins. With bullying, everyone in the group feels scared and nervous.

So how can bystanders help? Bystanders can do small things. For example, they can tell their friends: 'I'm not going to take part in bullying any more. I'm not going to spread rumours, ignore people or "like" mean posts. So please don't include me in bullying or post mean photos to me.' Bystanders can also stop laughing at the bully, because the bully will think he/she is popular.

What else? Bystanders can:

- **say something.** Tell the bully to stop.
- **do something.** Get help. Tell an adult (a parent or a teacher). Call the police if it looks dangerous. Help the victim.

Finally, bystanders should always stay safe. The best way to be safe is to act as a group. Together, the group can make it clear that the bullying is not OK. Stand up together!