



# Bullying: Be More Than a Bystander



**NIH** National Institutes of Health



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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.

## Bullying: Be More Than a Bystander



### 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.

# What do you think it means to be a bystander?

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

## Bullying: Be More Than a Bystander



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.

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**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.

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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.**

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**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.

## Bullying: Be More Than a Bystander



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.

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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.

# 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/>.