

Bystander Checklist



What should you do if you see someone being bullied?

- ✓ Talk to someone who can help:
 - an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust
- Remember... *telling* is not the same as *tattling*
Telling is what you do to get someone *out of* trouble
Tattling is what you do to get someone *into* trouble
- ✓ Tell kids who bully to back off...Bullying is NOT cool!
- ✓ If it's hard for you to speak out against bullying on your own, ask a friend to do it with you
- ✓ Help kids who bully, don't hurt them...speaking out helps, hitting and name-calling doesn't
- ✓ If you walk away and get help, you are part of the solution...if you stay and watch, you are part of the problem
- ✓ Stand up for kids who are bullied...they can't do it themselves
- ✓ Invite kids who are bullied to play with you somewhere else
- ✓ Comfort the person who was hurt and make it known that what happened was not fair or deserved
- ✓ The best thing you can do for kids who are bullied is to be their friend
- ✓ YOU help to make your school a better place by doing your part to stop bullying
- ✓ If these tips work for you, pass them on to others

Bullying is something a lot of kids have to cope with.
The more we talk about it, the faster we will stop it

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Bullied Checklist

What should you do if you are being bullied and can't stop it yourself?

- ☑ Talk to someone who can help:
 - an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust

*It really does work when you talk to someone and get help.
You may have to tell more than one person...Don't Give Up!*
- ☑ If you're scared to talk to an adult on your own, ask a friend to go with you
- ☑ Try not to show that you are upset when being bullied
- ☑ Don't get mad, get funny...humour shows you're not bothered
- ☑ Stay calm...Fighting back often makes the bullying worse
- ☑ Look confident and tell the child who bullies to back off...Bullying is NOT cool!
- ☑ If it's hard to stand up for yourself, ignore the bullying and walk away...then tell someone who can help
- ☑ Stay close to students you can count on to stick up for you
- ☑ Stay away from areas where you know bullying happens
- ☑ Don't blame yourself...no one deserves to be bullied
- ☑ YOU help to make your school a better place by seeking help to stop bullying
- ☑ If these tips work for you, pass them on to others

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