

What can I do? (Bystander Activity)

This activity is to give children and young people some ideas of interventions they could use to stop a person being bullied.

In small groups ask the children to order/rank the 9 statements provided based on their likely effectiveness.

Allow 10 minutes for this activity.

Facilitate a discussion on why the group have decided that some strategies may be more effective than others.

N.B.

*Careful consideration will need to be given to the strategy **'Use violence against the person doing the bullying'**.*

Discuss the potential difficulties with this strategy e.g. any violence in school is unacceptable and could escalate the bullying and severe sanctions.

Tell an adult you trust about the bullying

Tell an older child about the bullying

Encourage the person being bullied to tell someone

Show your disapproval to the person doing the bullying

Walk away and ignore the bullying

Use violence against the person doing the bullying

Intervene to stop the bullying, if it is safe to do so

Go and get a group of mates to help you stop the bullying

Include the person being bullied in your activities

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