

## THE ROLE OF THE BYSTANDER IN BULLYING



Taking action together

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Promoting kindness and respect in Nottingham City schools AND in our communities is key if we are to achieve a society where everyone feels safe from bullying. Taking action together means involving the whole school and the community it serves.

National Anti-Bullying Week 2010 is an opportunity to highlight the individual and collective responsibility about kindness and about having the courage to speak out. This year's slogan is 'Taking action together'.

We know that most bullying takes place in the physical presence of others. What does it mean therefore to be a Bystander?

## THE ROLE OF THE BYSTANDER

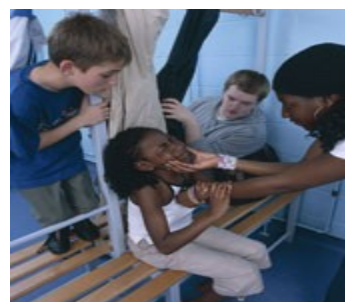
Did you know that out of every 4 young people:

- Only 1 will intervene
- 2 will ignore what is happening.
- 1 will join in.....

85% of young people feel uncomfortable watching bullying.

## SO WHY DO PEERS NOT INTERVENE?

'It's only a bit of fun'  
'Ignore it and it will go away'  
Fear  
'They deserve it'  
Peer pressure



In 25% of cases peers help the victim. Nearly 60% of interventions were effective in stopping bullying within 10 seconds.

## THE MESSAGE FOR CHILDREN AND YOUNG PEOPLE IS:

- Don't walk away and ignore bullying
- Show your disapproval
- Tell the bully to stop if it is safe to do so
- Staying silent tells the bully it is o.k. and gives them power to continue
- You are likely to know both the bully and target

## WHAT CHILDREN AND YOUNG PEOPLE CAN DO TO SUPPORT THE TARGET?

- Intervene if it is safe to do so
- Tell an adult or older person (or encourage the target to do so)
- Make bullying public
- Befriend/support the target
- Show them that they are not alone



## WHAT CHILDREN AND YOUNG PEOPLE CAN DO IF *THEY ARE* BEING BULLIED:

- Tell someone they trust
- Stand tall
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Act as though you don't care what they say or do

Help children and young people stamp out bullying.

## TAKING ACTION TOGETHER

## HELPFUL CONTACTS

**Childnet International** – mobile phone checklist

[www.childnet-int.org](http://www.childnet-int.org)

[www.childnet-int.org/safety/parents.aspx](http://www.childnet-int.org/safety/parents.aspx)

### **Parentline Plus**

For support for parents

Telephone: 0808 800 2222

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

### **Kidscape**

A helpline for parents and carers of bullied children

Telephone: 08451 205 204 Monday to Friday 10.00 a.m. – 4.00 p.m.

[www.kidscape.org.uk](http://www.kidscape.org.uk)

### **Mencap**

[www.mencap.org.uk/](http://www.mencap.org.uk/)

## USEFUL INFORMATION

**Safe to Learn** DCFS (Schools)

[www.teachernet.gov.uk/wholeschool/behaviour/tackling\\_bullying/safetolearn/](http://www.teachernet.gov.uk/wholeschool/behaviour/tackling_bullying/safetolearn/)

### **Anti-Bullying Alliance**

Advice to parents and carers

[www.anti-bullyingalliance.org.uk/](http://www.anti-bullyingalliance.org.uk/)

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