



Dealing with Teasing, Bullying and Harassment

Tip Sheet for Bystanders: What to do when you witness teasing/bullying situations

4 Interventions

1. Confront:

You hear, witness someone bullying another student with words or actions. You calmly and directly tell the person that is engaging in the bullying behavior to stop.

Example: You are in a group of people and one person makes a rude comment about another person in the group.

“Not ok. You can’t make comments like that. That hurts people.”

2. Distract:

You witness a student bullying another student. You distract the target and help get them out of the situation. (interrupt, compliment, invite away)

Example: “Come on Paul. Let’s go to lunch.”

3. Care:

You witness a student bullying another student. You show the target that you care by talking to them, or calling, texting, emailing them later.

Example: “Hey I am really sorry that happened at lunch. That wasn’t very nice. I hope the rest of your day was ok. See you tomorrow.”

4. Report:

You are aware of a situation (you are a bystander or the actual target of the situation) that seems serious and hurtful. You are not sure what to do about it. You talk to a trusted adult (parents, teacher, Ms. Pearson) to get ideas about how to handle the situation.

Example: “ I am not sure how to handle this situation. This kid keeps making comments to me when I am at my locker. He tells me that I am fat. It makes me feel really bad. I want it to stop.”