

# What is a Bystander

Bystanders are people who watch bullying happen or hear about it . Bystanders can either be helpful or hurtful.

Hurtful bystanders do things like:

- encourage the bullying behavior
- laugh or cheer
- join in the bullying
- watch and do nothing

Helpful bystanders have the power to prevent or stop bullying.

Helpful bystanders do things like:

- discourage the bullying when it is safe to do so
- defend the person being bullied when it is safe to do so

Bystanders should always remember to:

- Report bullying to an adult .
- Refuse to let others be bullied.
- Don't watch or participate in the bullying.

Always talk to an adult if you feel you are being bullied or someone else is being bullied. Never be afraid to ask an adult for help.