

BE AN **UP** STANDER

STAND UP TO BULLYING



Bullying can have significant mental, developmental and social effects on the people who are targeted.

Did You Know?

1 in 5 kids experience bullying. Actions can include making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Most kids are not directly involved in bullying, but they are often a witness or bystander. That means they are present and they see the bullying take place.

But when bystanders become upstanders, something great happens – more than 57% of the time, bullying stops within 10 seconds!

That means more than half of all bullying incidents could be stopped and those kids would be spared the harmful experience of being bullied.

So, be an upstander. **Step in and stand up for others**

There are simple ways to do that –

- Question the bullying behavior. Simple things like changing the subject or questioning the behavior can shift the focus.
- Use humor to say something funny and redirect the conversation.
- There is strength in numbers too! Bystanders can intervene as a group to show there are several people who don't agree with the bullying.
- Walk with the person who is the target of bullying to help diffuse potential bullying interactions.
- Reach out to check in with the person who was bullied to let them know you do not agree with it and that you care. It makes a difference.

If you think the bullying behavior presents a serious threat, then contact an adult immediately.

You have the power to stand up for what is right.

Stop bullying. Stop the hurt.
Be an Upstander.



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