

To the bystander

IF YOU STAND BY AND DO NOTHING YOU ARE PART OF THE PROBLEM. CHOOSE TO BE PART OF THE SOLUTION.



YOU CAN PLAY A ROLE AS:

- An Instigator (egg on or start the bullying)
- A Model (demonstrating good behaviours for others)
- A Participant (joining in the bullying)
- An Observer (creating an audience for the bully)

MAKE YOUR CHOICE.

Each person who witnesses bullying has the choice whether to:

- **Do nothing** and let it happen
- **Report** bullying incidents
- **Do something to stop or distract** the person doing the bullying
- **Do something to help or support** the person being targeted

You can be the difference.

FACTS

When youth stand up and speak out against bullying they are successful in stopping the bullying behaviour 57% of the time *in about 10 seconds!*

Youth who laugh, agree or cheer only encourage the behaviour. Refuse to go along with bullying or harassment—Instead, take the side of the youth who is being bullied.

SPEAK UP

Tell an adult that you trust, such as a parent, teacher, coach, counsellor or principal. You can also call for advice anonymously:

KidsHelpPhone
1-800-668-6868
kidshelpphone.ca



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