

# HOW TO BE AN UPSTANDER



## **Bystander**

Noun

1. a person who sees or knows a bullying incident is occurring to someone else.

## **Upstander**

Noun

1. a person who uses words and actions that can help someone who is being bullied. There are a range of helpful actions you can take if you feel safe enough to do so.

**You have the power to prevent bullying! Research shows more than half of bullying situations (57%) stop when taira intervene.**

**93% of taira in New Zealand (and 88% of students on average across OECD countries) agreed or strongly agreed it is a good thing to help students who cannot defend themselves (OECD, 2019).**

## **FIVE UPSTANDER ACTIONS:**



### **Awahi/support the person experiencing bullying**

- Awahi the person being bullied, even if you just stand beside them and let them know you've got their back.
- Encourage them to ask a kaiako/teacher for help or go with them to get help.
- Give them our [Getting Help and Advice](#) fact sheet.
- Let them know they're not alone!



### **Distract**

Interrupt the bullying in some way:

- Ask the person experiencing bullying if they want to go for a walk or do something else.
- Help them to leave the situation they're in.



### **Call it!**

- If you feel safe to, let the person/people doing the bullying know what they're doing isn't okay.
- Use your words to show aroha and kindness to those involved.
- Don't stand by and watch. It can be hard to speak up in the moment but it can make a huge difference.



### **Leave and act**

If you don't feel safe to step in while the bullying is happening:

- Move away from the situation.
- Later, let the person experiencing the bullying know you saw and ask what might help.
- You might want to have a quiet word with the person doing the bullying.



### **Get some other help**

- Support the person being bullied to get help from others - whānau, kaiako/teachers, a trusted adult or a helpline and then act on their advice.

