HOW TO BE AN UPSTANDER

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

93% of tauira 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:

Awhi/support the person experiencing bullying
• Awhi 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 – whânau, kaiako, a trusted adult or a helpline and then act on their advice.

This fact sheet has been developed based on content from the Australian Human Rights Commission, ReachOUT and Worklogic.