

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, a trusted adult or a helpline and then act on their advice.

