



**The first step in becoming a Helpful Bystander is to understand what we know about this important role.**

### **Eyewitness**

- 1** Privately record your own True or False answers to the *Bystander Quiz* (next page). Compare your answers to the explanatory statements, provided after the quiz.
- 2** Discuss with children what it means to be a bystander who witnesses or hears about bullying.
- 3** Read each statement aloud. Have children tell you, with a show of hands, if the statement is True or False. Tally their responses. (Older children can record their own answers.)
- 4** Repeat this process for each statement.
- 5** After you have completed the quiz, read each statement again. Ask the children to explain their answers. Then reveal and explain your own responses, informed by the explanatory statements. Discuss why an accurate understanding of the influence of bystanders is important. Refer to the explanatory statements as needed.

**This activity will help children and adults...**

**Understand the concept of the bystander in bullying situations**

**Understand key facts about bystander roles in preventing bullying**

**Discuss how to become helpful bystanders**



## Bystander Quiz

### WHICH OF THESE STATEMENTS IS TRUE?

- |          |  |             |              |
|----------|--|-------------|--------------|
| <b>1</b> | Bystanders are usually watching when kids get bullied.   | <b>True</b> | <b>False</b> |
| <b>2</b> | Most kids who watch bullying feel uncomfortable.   | <b>True</b> | <b>False</b> |
| <b>3</b> | Most kids who watch bullying do nothing to try to stop it.   | <b>True</b> | <b>False</b> |
| <b>4</b> | Kids who silently watch bullying usually make things worse.  | <b>True</b> | <b>False</b> |
| <b>5</b> | Kids who laugh at or cheer on bullying usually make things worse.  | <b>True</b> | <b>False</b> |
| <b>6</b> | Kids who try to stop the bullying often make things better.  | <b>True</b> | <b>False</b> |
| <b>7</b> | Sometimes grownups don't stop bullying because they don't see it happen, don't hear about it, or don't understand how much it hurts. | <b>True</b> | <b>False</b> |
| <b>8</b> | Both kids and adults can learn to become helpful bystanders who stop bullying.   | <b>True</b> | <b>False</b> |



## Bystander Quiz Explanatory Statements

Research provides evidence for each statement.

- 1 True** Child bystanders were present in 85% or more of the bullying incidents in observation studies of children in playgrounds and classrooms.<sup>7,8,9,10</sup>
- 2 True** Between 80% and 90% of bystanders reported that watching bullying was unpleasant and made them feel uncomfortable. Many children also felt they should step in to help a child who was being bullied.<sup>8,10,11</sup>
- 3 True** Bystanders stood up for the victim only 25% of the time. Instead, bystanders acted as silent witnesses 54% of the time and joined the bullying with words or actions 21% of the time.<sup>7,10,11</sup>
- 4 True** Even when bystanders simply watched bullying without trying to stop it, they made things worse by providing an audience for the bully. Bullying lasted longer when more bystanders were present and when bystanders did nothing to stop it.<sup>11</sup>
- 5 True** When bystanders laughed at or cheered on bullying, they encouraged the bullying to continue.<sup>11</sup>
- 6 True** When bystanders intervened to stand up for the victim, they were successful in stopping the bullying more than 50% of the time—usually within the first 10 seconds.<sup>10</sup>
- 7 True** Adults are often *not* aware of bullying because it usually happens in areas with little or no adult supervision, such as bathrooms, hallways, playgrounds, cafeterias. However, even when adults directly witness bullying, they often overlook or minimize its harmful effects. In playground observations, adults intervened in only 4% of the bullying incidents they witnessed.<sup>7</sup>
- 8 True** When children and adults learn, practice, and use effective ways for bystanders to stop bullying, incidents of bullying can be significantly reduced.<sup>3,12,13,14</sup>