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)
- Model (demonstrating good behaviour for others)
- Participant (joining in the bullying)
- 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

What you can do:
- Distract or stop the person doing the bullying
- Help or support the person being targeted

FACT
When youth stand up and speak out against bullying they are successful in stopping the bullying behavior 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.

You can be the difference.

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