

Don't just stand there

Bullying is something that takes place in every school and, but we don't have passively let it happen. By standing up, and speaking out, we can help each other keep our schools safe.

When bullying happens (online or offline), there are three roles people typically play: the bully, the bullied, or the bystander.

CYBER SWAT



The bully

Willfully and repeatedly harms or mistreats a peer.



The bystander

Sees bullying happening and chooses to ignore, do nothing, or in some cases, encourage the bully.



The bullied

The target of the bully's mistreatment.

Resister | Defender | Witness

1

There are more roles you can play though...



2

You can actively resist bullying by standing up to or speaking out against bullies, and defend the person the bully is targeting.

(Coloroso, 2011)

Share with a friend: How can you be a resister, defender, and witness?

Pair up with another Cyber S.W.A.T. team member and tell them about a moment you witnessed bullying—either online or in person—how you handled it at the time, and how you would handle it now. Would you be a resister, defender, or witness?

If you are not comfortable sharing a personal experience from your own life, you can tell a story from the perspective of a fictional character (e.g., the neighbor who watched the Big Bad Wolf blowing down the three little pigs' houses).

Your partner should listen to your story and think about what they might have done differently. Then, switch roles. Listen as your partner tells you what they experienced. Together, come up with some ways you can avoid being a bystander the next time you witness bullying.