

Bystander Intervention

Opening Activity!

- ▶ In your new journal, write about a time when you witnessed an injustice – someone being bullied, someone cheating during a game, etc.
- ▶ What did you do in the situation? Did you help the person being bullied or call out the person who was acting inappropriately?
- ▶ You may choose to share this story with me in your journal or to write “Private” on the top of the page.
- ▶ This entry should be at least a paragraph long.

What is a perpetrator?

- ▶ A **perpetrator** is someone who has committed a crime or injustice
- ▶ Example: The person doing the bullying

What is a victim?

- ▶ A **victim** is someone to whom an injustice is done.
- ▶ Example: The person who is being bullied

What is a bystander?

- ▶ A **bystander** is a person who witnesses an injustice.
- ▶ Example: A person who sees the bullying take place

What is an upstander?

- ▶ An **upstander** is a bystander who takes action against the injustice they see happening around them.
- ▶ Example: A person who takes action to stop the bullying from taking place.

How can I be an upstander?

- ▶ There are four ways to be an upstander:
 - ▶ Direct Intervention
 - ▶ Distraction
 - ▶ Delaying
 - ▶ Delegation
- ▶ We call these THE FOUR D's

Direct

- ▶ What direct intervention looks like:
 - ▶ Telling the perpetrator to his or her face that he or she needs to stop bullying the victim.
 - ▶ Breaking up a fight.
 - ▶ This can be intimidating for many people!

Distract

- ▶ What distracting intervention looks like:
 - ▶ Distract either the perpetrator, the victim, or both from the situation.
 - ▶ Go up to the person being bullied and ask if they could walk with you to the library to pick up a book.
 - ▶ Tell the bully/perpetrator that you think their bus is here and that they should double-check to distract them from the situation.
 - ▶ By distracting one or both people from the bad situation, you may be able to end it.

Delay

- ▶ What delaying intervention looks like:
 - ▶ Checking in with the victim of the incident after it has occurred to see if you can do anything to help them.
 - ▶ You don't have to be a witness to the situation to engage in delaying intervention.
 - ▶ If you see someone looking really upset walking down the street, simply saying "Hey, are you okay? Can I do anything?" again shows that they are not alone and that you care about those in your community.
 - ▶ When someone is telling you a story about an injustice that happened to them, a simple "I'm so sorry that happened to you" can speak leaps and bounds about supporting each other's struggles.

Delegate

- ▶ What delegating intervention looks like:
 - ▶ Putting the issue in someone else's hands.
 - ▶ Instead of directly getting involved in a bullying situation, you may feel more comfortable telling an adult about the bullying going on and asking them to get involved. Adults, especially in school environments, usually have the authority to stop behavioral issues that are going on.