

# HANDOUT 2 - BYSTANDER VS. UPSTANDER



## Bystander

Someone who is around, not involved in bullying but knows it's going on and / or sees it happening

## Upstander

Someone who helps the person being bullied. This might be by reporting it to the teacher, asking if they're alright after the incident or, if it's safe and won't escalate the situation, saying they **don't** think it should be happening.

Take a look at the list below.

Decide if the person (whose name is in bold) is a bystander or an upstander.

Scenario	Bystander?	Upstander?
1. <b>Janine</b> is gaming and hears someone one day telling another person to 'go kill themselves'. This happens every time the person logs on. She just signs off when he signs on.		
2. Alfie posts a mean picture of Tom on Instagram. Lots of people like the picture and are posting mean comments underneath it. <b>Sami</b> sees this and reports it to Instagram.		
3. <b>Freddie</b> sees that Isaac has been subjected to lots of tweets all making 'jokes' about the way he answered a question at school. <b>Freddie</b> sends Isaac a message to say that she thinks he's great and to ask if he's ok.		
4. <b>Joe's</b> friends tell him they are sending mean emails to Kayleigh on the school email system. <b>Joe</b> reports this to Kayleigh's form teacher.		
5. <b>Simrin</b> is hanging out with his friends after school and they start sending nasty WhatsApp messages to one of his classmates. <b>Simrin</b> doesn't feel comfortable about it but he doesn't say anything.		



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