

# TAKING ACTION AGAINST BULLYING

## HOW TO SAFELY AND EFFECTIVELY BE MORE THAN A BYSTANDER

### SAFETY FIRST!

Ensuring your own safety is always first priority. Before intervening, evaluate the situation to make sure you can act safely. If not, go and get help. Remember - putting yourself at risk is NOT helping.

### SPEAK UP

Directly address the bullying or harassment by saying what you see. For example: "Stop hitting them" or "That language is hurtful". Ask the victim how you can help.



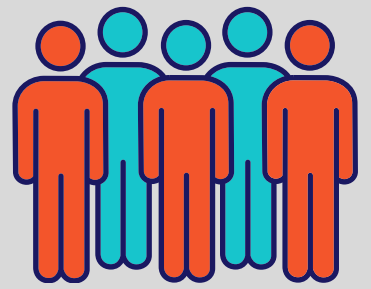
### DISTRACT

Directing attention away from the situation can be an indirect way to intervene. Ask the victim a question (such as "do you know what time it is?") or drop something to draw attention away from the incident and interrupt the bully.



### GET HELP

Delegate others around you to help. There is power in numbers, and having multiple people involved can help de-escalate the situation. Ask someone to get help while staying with the person who is being bullied.



### REPORT

Document what you witnessed as best as you can. Write down what happened and take note of other witnesses; this may be helpful in reporting the incident to your principal, teachers, or the authorities.

**\*Ask the victim what they want to do with the information and never share it publicly without consent.**



You can anonymously report bullying and harassment at:  
<https://erasereportit.gov.bc.ca/add/report-it>