

# Workshop 4: The role of bystanders

## Trainer's notes

### Learning Intentions

- To explore the different roles people take in bullying situations and the specific role of the bystander.

**Time needed** 30 minutes

**Audience** School senior management, teachers, trustees

**Resources** Powerpoint slides  
Workshop 4 handouts  
[Bullying prevention and response: A guide for schools](#)  
references p20-21

### Workshop

1. Introduce the session and explain that the activities and materials are based on the [Bullying prevention and response: A guide for schools](#).

This workshop is designed to give participants the chance to consider the responsibilities of the school and begin to develop a school policy for preventing bullying.

2. Show the Power Point slides with the definitions of target, initiator and the different bystander roles.
3. *Activity. Give out the handout for Workshop 4, The Role of Bystanders.*  
The same information from the Power point slides is included on this worksheet.

Ask workshop participants to use the information on the worksheet to discuss the two questions:

- How do you think this model applies to your school?
- What skills do you currently teach that would support students with understanding their role as bystanders?

4. Research suggests that the most effective way to reduce bullying in school is to provide teaching and support to all students relating to all students roles and responsibilities in reducing bullying.

Much of this teaching can take place through the teaching of the key competencies of managing self, relating to others, participating and contributing.

**Trainer Note:** Reinforce that students can take on any of these roles at any time and do not necessarily stay in one role. For example a student may one day be a initiator and on another day a target or bystander. We therefore need to teach all children the skills needed to be positive bystanders (often called upstanders).

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*Activity. Print out the Handout Competences Template and put on the staff room wall.*

Ask participants to write their ideas on post-it notes over the next week and add them to the template showing how they already teach these skills and how they could be build on in the future.

**Trainer Note:** The purpose of these activities is to highlight the importance of teaching ALL students in school the social skills needed to help them become positive bystanders. These activities aim to help schools explore all the ways in which they already teach positive bystander skills and consider new skills to teach and ways of teaching these.