

# What can I do?


 4-8

## Objective:

This activity will help develop students' understanding of the role of the bystander in bullying. It also explores why students should report any bullying behaviour they are aware of rather than ignoring it.

## Materials:


 Scenario

 Pens

 Paper


## Method:

- Read out the scenario below.
- In groups, ask students to consider the role of the bystander and to think about what choices they have when they witness or are aware of bullying (*see over page*).
- Ask them to write down what they could do and then ask for feedback on their discussions.
- Discuss the advantages and disadvantages of each type of response. Identify an action plan they could use if they witness bullying behaviour.

## Scenario:

Ben is a new member of the school's football team. He's not as good at football as the other players on the team and he is very quiet. Some of the team members don't really like him, but you think he is okay – he never does anything wrong or annoying.

One day at practice you notice that the team captain (the most popular member of the team) snatches Ben's footy bag and kicks it over the school wall. He shouts at Ben "that was a stupid thing to do – you had better jump over the wall before your mum yells at you for losing your boots".

Ben looks upset, but seems afraid to fight back. Another player calls out to Ben, "what's wrong Ben – afraid to climb over the wall are you?"

Ben walks away; he goes straight to the changing room looking really annoyed and sad. You think he may be crying. What can you do?

## What can I do?: Junior/Intermediate activity

Some examples include:

### 1. To step-in on behalf of the person being bullied while it is happening.

#### Advantages

Immediately helps stop the bullying.  
Will give a strong message to the initiator.

#### Disadvantages

Difficult to do.  
Need to be brave.  
Repercussions later.  
Out-numbered.  
Fear of the person bullying.  
Might make situation worse.  
Only a short-term solution.

### 2. To offer support to the person being bullied.

#### Advantages

They will feel less isolated.  
You can check with them how they want it to be dealt with.  
Fewer risks involved.

#### Disadvantages

The person bullying gets away with their actions.  
Slow response.  
Target may have been hurt.  
May not stop the bullying.

### 3. To tell a school staff member.

#### Advantages

They can investigate and deal with the initiator and the target.  
No risks to you.  
They can help to stop bullying for good.  
Low-key. Can be done discreetly.

#### Disadvantages

If responded to appropriately there are few disadvantages.

### 4. Challenge the person doing the bullying later.

#### Advantages

Might stop the bullying.  
Will give strong message to initiator.

#### Disadvantages

Difficult to do.  
Need to be brave.  
Repercussions later.  
Might not work.  
Might make situation worse and leave you isolated.