

Bullying and the Bystander: What To Do?

Lesson 8, Student Activity 3

Research tells us that the majority of students are not targets or cyberbullies, they are bystanders to bullying. Many never get involved, but still, witnessing cyberbullying impacts them as well. It can

- make them feel uncomfortable and anxious.
- Make them afraid of the bully
- Make them feel powerless, similar to being the target

Whether they don't act because they don't feel it's any of their business, or they feel they might be telling on somebody, or they are afraid of the bully, their inaction makes them feel unhappy, similar to being a target. Over time they may become desensitized to bullying if their school and parents don't work to change the climate of abuse.

If bystanders take no action they are supporting an environment that allows cyberbullying, and risk becoming one of the targets themselves someday.