



SUPPORT FOR A CHILD WHO HAS WITNESSED BULLYING

Toof awakes from a nightmare about bullying and goes to eat breakfast, looking troubled. When **Knack** asked what's wrong, **Toof** opens up. Later, we see **Fones** bullying a student, and **Toof** steps in assertively and reaches out to include everyone in a game.

MESSAGE

Those who witness bullying are also affected, often troubled by fear and shame. By listening carefully and offering information and support we can help our children become more skilled and courageous and make a positive difference in their lives.

Narrated Message

It can be frightening and painful to see someone being bullied. Fear of becoming the next target or not knowing what to do can stop children from reaching out and helping someone else.

Listening carefully to our children as they open up about their experiences, their fears and concerns, can make a real difference. Encouraging our children to be kind and courageous helps them stand up for others and make a positive difference in the lives of others.

ISSUES

- Not knowing what strategies to use and steps to take to stop the bullying
- Feeling afraid to speak up for fear of becoming the next target
- Experiencing feelings of guilt for not being able to stop the bullying
- Being reluctant to tell a parent or teacher about bullying
- Feeling stressed and anxious after witnessing a bullying episode
- The importance of having a safe place to go to be heard and supported

STRATEGIES

- Providing a safe and constructive forum for children who witness bullying to come forward and get support
- Making sure that there are adults who are trained and available so that children can get help and speak out (at home, at school, in the community)
- Exploring the situation together to help children come up with their own ideas and strategies
- Exploring different constructive approaches with children to help boost their confidence and ability to interrupt bullying

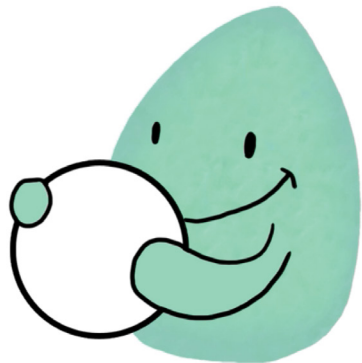
QUESTIONS FOR GROUP DISCUSSION

Parents

1. What are some of the messages this vignette offers?
2. What issues do you think prevent students who witness bullying from intervening?
3. How can we encourage children to share problems they may face at school? What might stop them from doing so?
4. If your child has witnessed bullying how might parents offer support?
5. What kinds of questions can we ask children to help them think of strategies for standing up for others?
6. What approaches do you think might be useful for children to help stop bullying?
7. How could teachers and your school community support these approaches?

School Staff

1. What do you think prevents students who witness bullying from coming forward? How can the school address these challenges?
2. Do you have any examples or ideas about how you and your school can provide a safe place for children who witness bullying to come forward?
3. What kinds of questions can we ask to help students think of ideas for intervening?
4. How could you and your school support parents who approach you with concerns about their children witnessing bullying?



RESOURCES

- Responding to Students Who are Witnesses
www.safeatschool.ca/index.php?q=plm/bullying-prevention/healthy-communication/problem-solving/responding-to-students-who-are-witnesses
- Help your Child Resist Peer Pressure
www.greatschools.org/parenting/social-skills/4224-help-your-child-resist-peer-pressure-video.gs
- Tips to Help the Bullying Bystander
www.education.com/reference/article/bullying-bystander
- Be More Than a Bystander
<http://1.usa.gov/11THAOI>
- Four strategies for teachers and parents to pass on to kids who witness bullying
www.education.com/reference/article/strategies-kids-witness-bullying

SCHOOL STAFF

- Safe@School: Responding to Students who Support or Contribute to Bullying
www.safeatschool.ca/index.php?q=plm/bullying-prevention/healthy-communication/problem-solving/responding-to-students-who-support-bullying
- Bystanders: Turning Onlookers into Bully-prevention Agents
www.interventioncentral.org/behavioral-interventions/bullying-prevention/bystanders-turning-onlookers-bullying-prevention-agents

