

What to Do If You See Bullying

If you see bullying happen to someone else, this means you are a **bystander**. Believe it or not, bystanders can be the most important person in the room. You have a lot of power to be a source of strength for the person who is being bullied!

The following steps come from the [Olweus Bullying Prevention Program](#):

1. Try to help students who are bullied. Take a stand against bullying and side with those who are being bullied. Help someone leave a bad situation, become their friend, refuse to participate in the bullying, or simply give them a smile.
2. Try to include students who are left out. If you see that someone is left out, reach out to them and ask them to join you. Or find something else for the two of you to do.
3. Tell an adult at school and an adult at home. If you know that someone is being bullied, it is okay and even the right thing to do to tell an adult about it. They may be able to help you and the student who is being bullied. If the adult will not help, go to another one! If you are at school, tell a trusted teacher or principal. Then tell a parent or family member at home.

Sources: [Olweus Bullying Prevention Program](#), [Schoolwide Guide and Teacher Guide](#)

If you would like to know more about being more than a bystander, click [here](#) to visit the [Stopbullying.gov](#) website and watch some [videos](#) on learning how to help others who are bullied.

The Kentucky Center for School safety has a Tipline that you can call to report bullying in your school district, if the district has signed on to participate. Here is the link: [S.T.O.P. Safety Tipline](#).

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