

HELPING FRIENDS

INTERVENE ON THE BULLY

Express your own emotion or reaction

“I’m embarrassed to be standing here with you right now.”
“You are my friend. Why would you say that?”

Increase empathy

“What if that was your sister?”
“I feel bad for him. That was mean.”

Silent stare of glare

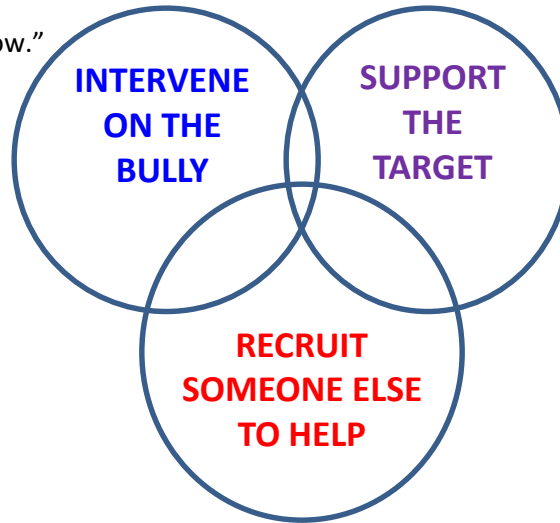
Non-verbal communication can also be powerful.
Example: Not laughing at mean jokes.

Make a short statement right away

“Leave him alone!”
“You’re being a jerk!”

Distract and/or separate them

“Hey do you want to play basketball?”
“I need help on my math test. Can you come with me to the library?”



SUPPORT THE TARGET

Help them leave

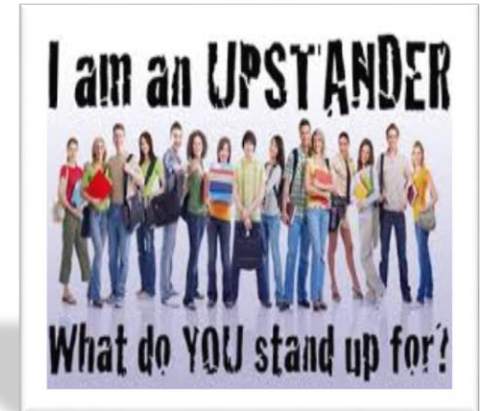
“I need you to help me real quick.”
“Let’s go to class, we’re going to be late.”

Say something supportive

“You totally didn’t deserve that.”
“That was so wrong. Are you okay?”

Ask them how you can help

“Do you want to talk about it?”
“I want to help. What can I do?”



RECRUIT SOMEONE ELSE TO HELP

Find a close friend of the target and ask them to help

“I just saw your friend get bullied. You should go see if she’s ok.”

Find a close friend of the bully and ask them to help

“Your friend was so rude to that girl, you should really talk to her.”

Ask the target if you can involve an adult

“Mr. C knows a lot about this kind of thing. Do you want to go talk to him with me?” (if the situation is dangerous or illegal, it is important to involve an adult even if the person does not want you to)

It is ok to go to an adult and not give names

You might feel it is easier to go to an adult for help if you don’t have to name the people involved. Maybe you just want an adult’s advice to help your friend.

It is okay to say, “I have a question about something but I’m not ready to tell who it is.”

