WORKSHEET 6—YOUR BYSTANDER EXPERIENCE

Bystanders have an important role to play in cyberbullying situations and their actions can help stop the bullying behaviour.

It is not unusual for a bystander to feel uncomfortable confronting a cyberbully on their own, as they may not feel confident or safe enough to do so.

There are options available if you wish to help someone who is being targeted online.

Instructions

1. **Think** about a time when you may have seen instances of cyberbullying online.

2. Using the **Positive bystander tips**, select **something positive** you could do, or the option that you would **feel safest** in doing, if you witness:

   a) someone repeatedly sending abusive text messages to another person;
   b) an inappropriately tagged photo of someone in your year group—the photo is humiliating and has attracted many hurtful comments; and
   c) a friend excluding a member of your friendship group from a party posted online.

3. Thinking of the Positive bystander tips, **list** any of the tips you have used yourself in a cyberbulllying situation.

4. Note at least **two tips** you think you could use in the future if you were in a bystander position and wanted to do something positive to help someone else.