What Is My Child Learning?
Your child is learning ways bystanders can help stop bullying.

Why Is This Important?
Bystanders have the power to stop bullying by standing up for others, reporting or helping to report bullying, and including others. But bystanders can also make bullying worse if they join in or don't help.

Ask your child: What would you do if saw someone being bullied?

A bystander is someone who sees or knows bullying is happening to someone else.

Read Together
A bystander is someone who sees or knows bullying is happening to someone else. Bystanders have a lot of power. They have the power to help stop bullying or the power to make the problem worse.

Bystanders can help stop bullying by:
- Standing up for the person being bullied
- Reporting or helping report the bullying to a caring adult
- Supporting, being kind to, and including the person being bullied

Bystanders can make the problem worse if they join in the bullying, laugh, don't report, and don't tell someone to stop.

Practice Together: Bystander Pledge
Have your child make a pledge to be a bystander who helps stop bullying at home between children, such as brothers, sisters, cousins, friends, and neighbors. Help your child write what he or she can do as a bystander who helps stop bullying. Then you and your child sign the pledge.

The Bystander Pledge

I promise to be a bystander who helps stop bullying.

When I see someone being bullied, I will do one or more of these things:

_____

_____

_____

_____
(MY SIGNATURE) (ADULT'S SIGNATURE) (DATE)

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)

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