



If you see someone being bullied, there's a lot you can do about it. Here are some actions you can take to become an Upstander.

1

Be a friend

Show some support to the person being bullied. Whether it's having a chat after school, or reaching out online, let them know that you've noticed the bullying and you're on their side.

2

Shift the focus

You can interrupt bullying in the moment by asking the person who's being bullied for their help with something, or invite them to sit with you. If you know the person doing the bullying, try to pull their attention away from the person they're bullying.

3

Speak up

Calling someone out can be scary, but if you feel safe, calmly let them know that their bullying behaviour isn't okay. By taking the lead, you'll make it easier for other people to be an Upstander too.

4

Take a step back

If you don't feel safe to step in and stop the bullying while it's happening, it's okay to walk away and think about what you can do to help. Say something to the person who's doing the bullying later on, or if speaking face-to-face isn't your thing, send them a text or DM.

5

Ask for help

Support the person being bullied to seek out help. Or, if you're worried about their safety, it might be time to take things further. You can report the bullying to a trusted adult such as a teacher, school counsellor or parent.

How to

be an

upstander

Life doesn't always go as planned.

That's why there's ReachOut – a safe online place to chat anonymously, get support and feel better.

Learn more at ReachOut.click/upstander