What’s Your Opinion?

Issues bystanders face, such as who should help someone who is being bullied, can be confusing. Sometimes hearing the opinions and thoughts of others can give you a different perspective about why you should help someone who is being bullied.

**GOAL:** This activity will help you think about the issues bystanders face when they see bullying, why they decide to help, and the best way to help a victim.

Work with a friend or several friends to discuss the following issues. You will share your thoughts, feelings, and beliefs on each of the following statements and then come to an agreement about the best way to address the topic.

1. **Why is it that when students see a bystander helping a victim of bullying, they are more likely to stand up for the victim and support them in the future?**
2. **Do you think providing support to someone who has been verbally bullied *(asking if they are okay, telling them you are sorry that happened)* is the best way to help them? Why or why not?**
3. **Do you think that if someone has been bullied it is the responsibility of their friends to help them, not everyone else. Why or why not?**

**Below are real answers given by students who completed this activity.**

1. **Why is it that when students see a bystander helping a victim of bullying, they are more likely to stand up for the victim and support them in the future?**

* “They don't want to be the first person to stand up and say something. And once someone does they realize that bullying is wrong and you shouldn't agree with it.”
* “Because they see other people doing it so they think that it’s okay to do what’s right.”
* “Because they have each other’s back.”
* “Because they realize that if they see someone else stand up to the bully and can make a difference then it should be them next time.”
* “Because they see the difference it makes.”
* “They now know exactly what they can do to help the victim next time.”
* “Because they see that they are strong and can help the victim.”
* “It's inspiring. It lets them see that it’s not right to watch, but to stand up for someone.”

1. **Do you think providing support to someone who has been verbally bullied *(asking if they are okay, telling them you are sorry that happened)* is the best way to help them? Why or why not?**

* “Yes, because then the victims will realize that not everyone feels the same way as the bully.”
* “Yes, because they need some comforting. They need someone to be there for them to talk to.”
* “Yes, because just by being there for them it can make them feel a lot better about the situation.”
* Yes because you let them know that somebody cares, that somebody knows what their saying is mean and wrong, that they have someone to talk to.”
* “I think it is good but maybe not the best, you can ask them to hang out, that would show you care a little more.”
* “Yes, because it shows them that somebody does care and they aren't in his fight alone.”
* “Yes, because sometimes all some people need is someone to talk to even if they don't tell you what’s wrong or if they are okay. It makes them feel better knowing someone is concerned about them.”

1. **Do you think that if someone has been bullied it is the responsibility of their friends to help them, not everyone else. Why or why not?**

* “No, it shouldn't only be the responsibility of the victim’s friends to help them out. Everyone should be able to talk to the victim and if other are silent, they are contributing to the bullying just as much as the bully herself.”
* “No, I think other people should help too.”
* “No, because it's everyone's responsibility. If you see bullying, then say something, don't just stand around. One day that may be you that gets bullied.”
* “No, because you don't have to be friends with someone in order to help them in a bullying situation.”
* “Not just their friends it should be a group effort because bullying should be stopped.”
* “Yes and No, friends should help no matter what. But if a stranger would help also it would make the person feel a lot better.”
* “No, because that person might not have friends that care so you shouldn't just assume they are okay.”