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WING CHUN AGAINST BULLYING

DON'T BE A BYSTANDER!

Our “Don’t Be a Bystander” resource is part of our signature KNOWLEDGE IS POWER™ Educational Empowerment Resources. It aims to educate and identify the meaning of a bystander, an ally, the difference between tattling and reporting, tips on being a good ally, important ally assertiveness techniques for becoming an ally.

What is a bystander?

A bystander is someone who witnesses bullying and does nothing to help the target. Some may laugh or encourage the bullying.

What is an ally?

An ally is someone who takes action to stop bullying when they witness it.

What is the difference between snitching and reporting?

Tattling, ratting or snitching is when one student tells on another for the purpose of getting the other student in trouble. Reporting is when one student tells on another for the purpose of protecting someone else or himself.

Tips to be a good ally:

- Don't laugh
- Tell the person who is bullying to stop it
- Ask the person being bullied to walk away with you
- Ask the person being bullied to sit or play with you

Important Ally Skills:

- Trust your instincts. If you think someone is being bullied, they probably are.
- Determine if the situation is dangerous. If so, report the incident to an adult right away.
- If the situation does not feel dangerous (again, trust your instincts), tell the person who is bullying to stop. Make eye contact, hold yourself tall and use a loud, strong voice.
- Form a group. If the bullying doesn't stop, get some friends. A group will make it harder for the person to continue bullying.
- Walk away and take the target and your group with you. People who bully want attention and when you walk away, you are taking your attention with you.
- Show compassion. Tell the person that is being bullied that they don't deserve what happened to them. Invite them to hang out with your friends.
- Report the incident. Tell a teacher or trusted adult what happened. Give as many details as possible.

We can stop and prevent bullying, but we have to work together!

Assertiveness Techniques For Becoming an Ally:

- Make assertive statements on behalf of the target. Say “Stop”!
- Fogging – admit that you also have the characteristic the person is using to tease someone. “You know, I need to lose weight too. Big deal”.
- Broken Record – repeat “what did you say” “that’s your opinion” or “so?” each time the bullying student insults or teases the target
- Confront the student concerning his or her spreading rumors and lies about someone. Refuse to spread the lies and demand the rumors stop
- Expose the ignorance of bullying statements about someone with a disability or problem.
- Give permission to tease. Say “Well, it’s ok to say what you want. It doesn’t bother (target) and it doesn’t bother me”