

Engaging Bystanders in Bullying Prevention

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Definition of Bullying

- Bullying involves repeated acts of physical, emotional, or social behaviors that are intentional, controlling, and hurtful. (SAMHSA, 2003)
 - **Repeated Acts**
 - **Intentional Hurting** (hitting, kicking, pushing, tripping, destroying property, threatening, intimidating, name-calling, spreading rumors, teasing, excluding from group)
 - **Power imbalance** (based on physical size, strength, verbal skill, popularity, or gender)
 - **Victim perception** (tormented, helpless, defenseless)



Three Faces of Bullying

- **Bullies**
- **Victims**
- **Bystanders** – who support violence through:
 - Passive acceptance
 - Active encouragement
 - Direct instigation



Phases of Bystander Research

- 1) 1962:** Factors that inhibit bystanders from helping victims
- 2) 1989:** Interventions that prepare bystanders to stop victimization
- 3) 1996:** Bystander strategies that prepare everyone to prevent victimization



Bullies, Victims & Bystanders

- Play reciprocal roles that support violence
- Develop shared habits of thought & action that support violence
- Lack skills in solving social problems effectively and nonviolently
- Hold beliefs that support violence
- Act impulsively and by default
- Can learn to stop or prevent bullying



Bystanders Play a Pivotal Role

- Often possess key information before conflict occurs
- Usually are present at conflict
- May be unaware of their actual & potential influence
- Generally are unprepared to respond effectively
- Frequently support violence without realization or intent
- Can learn to become violence preventers, problem solvers, and everyday heroes