**Bystander Quiz**

**This quiz will help you think about what a bystander is and the role they play in bullying.**

**1.** Just by seeing bullying happen or hearing about it, you are playing a **TRUE FALSE**

role.

**2.** Bullying occurs 85% of the time in the presence of other students. **TRUE FALSE**

**3.** The more peers present to watch the bullying episode, the longer **TRUE FALSE**  it lasts.

**4.** Almost all students say they are against bullying, but bystanders **TRUE FALSE**

attempt to help only 6% of the time.

**5.** Most bystanders actually encourage the bullying situation. **TRUE FALSE**

**6.** Bystanders who try to help the victim and stop the bullying are liked **TRUE FALSE**

more by their peers and are viewed as more popular.

**7.** When a victim is supported or defended they are less depressed **TRUE FALSE**

 and have higher self-esteem.

**Bystander Quiz: Discussion Points & Answers**

**(1) TRUE: Just by seeing bullying happen or hearing about it, you are playing a role.**

* This is the role of a bystander. A bystander is anyone who witnesses bullying but is not the bully or the victim.

**(2 & 3) TRUE : Bullying does not occur in isolation. In fact, 85% of bullying incidents occur in the presence of other students and the more peers present to watch an episode of bullying, the longer the bullying lasts.**

Why would a bully want others to see what they are doing?

* People bully others for many reasons, but what is almost always true is they are seeking attention from other students. The victim just happens to be his or her way of doing this.
* The bully may also want others to fear them, and this may be their way of seeking this type of respect.
* The bully also wants others to see that they have control and power over the victim.

**(4) TRUE: Almost all students say that they are against bullying, but bystanders attempt to intervene in a bullying situation only 6% of the time.**

Why do bystanders say one thing but usually do another? There are many reasons but the most frequent reasons are:

* They are afraid of becoming the next victim or fear retaliation.
* They feel like if no one else is stopping it, why should they?
* They feel it is up to the victim’s friends to help.
* They feel like nothing can be done about it.
* They may want to help, but don't know what to do.

**(5) TRUE: Peers actually encourage bullying situations over 50% of the time**.

Why do bystanders actually encourage the bully rather than do nothing?

* They are friends with the bully.
* They lack the understanding about their own role in the bullying.
* They are afraid of the bully or feel that if they encourage the bully, the bully will leave them alone.
* Group dynamics - if people start chanting, “Fight, fight” others will too. If people start laughing, others will too.

**(6) TRUE: Bystanders who try to help the victim and stop the bullying are liked more by their peers and are viewed as popular.**

* Although you may think the opposite, students who stand up for the victim, ask the victim if they are okay, or stand up to the bully are more liked by their peers, rated more popular, and rated friendlier than those who do not.

**(7) TRUE: When a victim is supported or defended they are less depressed and have higher self-esteem.**

* When a bystander decides to help the victim, the victim feels less isolated and alone.
* Knowing that not everyone feels the same about them as the bully can help boost a victim’s self-esteem.