

Name _____

Being a Bullying Bystander: How to Support a Friend

Short Answer Key

1. Empathy is crucial when supporting a friend who is being bullied because it allows you to understand and share in their emotions. It helps your friend feel heard and validated, reducing feelings of isolation and distress.
2. You can encourage self-confidence in your friend by reminding them of their strengths and talents, engaging in activities together that boost their self-esteem, and offering words of affirmation and support.
3. If your friend is reluctant to report the bullying to adults, you can offer to accompany them when they do decide to report. You can also help them document the bullying incidents and provide emotional support throughout the process.
4. Documentation plays a vital role in addressing bullying incidents because it provides evidence of the bullying, including dates, times, locations, and individuals involved. This documentation can be shared with school authorities, parents, or law enforcement to take appropriate action.
5. It is crucial to continue supporting your friend even after the bullying stops because healing from the effects of bullying takes time. Your ongoing support can help your friend rebuild their self-confidence, trust, and emotional well-being.

