Many of us who witness bullying feel scared and helpless, but **WITS LEADers** know that staying silent isn’t an option. So what can you do as a bystander? Stop making excuses and act!

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**Excuses**

- **What if I’m next?** I don’t want to be the next target.
- **I want to belong** I don’t want to be rejected by my friends or classmates.
- **It’s not that bad** I’m not sure what I saw or heard. It’s probably not that bad anyway.
- **Nobody will help** I reported this already and nothing was done.
- **They deserved it** They were being annoying. Someone needed to “put them in their place.”

**Act**

- **Tell someone** It’s hard to interact with someone who is causing harm. You can help by talking to a responsible adult.
- **You’re not alone** You’re probably not the only one who’s concerned. Talk to someone who can help. Staying silent only makes it worse.
- **Talking is not tattling** Even if you aren’t sure of all the details, talk it out with someone to understand more than one perspective.
- **Keep seeking help** Sometimes help isn’t found immediately. Keep seeking help until someone responds.
- **Everyone deserves respect** We all need help learning how to respect one another. You can break the cycle of disrespect.

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