



Learning About Upstanders

One of the best ways to stop cyberbullying is when peers step in and stand up for someone who's being targeted. That's why it's so important to encourage your child to speak up if they see cyberbullying happening. The information below will share why standing up for others makes a difference, and what can sometimes make it hard to do.

→ Who is a bystander?

A bystander is someone who witnesses cyberbullying but does not take action.⁷

Who is an upstander? ←

An upstander is someone that intervenes and stands up for the victim of the cyberbullying they witness.⁷

Facts about Upstanders

Standing up to a cyberbully reduces the negative effects of bullying on victims, such as increased depression, anxiety, and loneliness⁶, but many children do not report standing up for victims of cyberbullying.¹

Standing up for victims reduces the likelihood of that the cyberbully will continue victimizing others.¹

Children and adolescents who are cyberbullied value peer support as well as adult support.⁶

Being an upstander is beneficial, since upstanders have higher academic achievement and self-esteem.³



McGill

POWERED BY





Barriers to Becoming an Upstander

→ Peer Dynamics

Early adolescence is a period where peer dynamics could be complicated. Adolescents care a lot about the way their peers see them and may fear that standing up against cyberbullying will lead to their peers seeing them as 'uncool' or make them a future target for bullying.

Bystander Effect ←

The bystander effect is the idea that people are less encouraged to act when others are present because they assume that someone else will intervene and it is not their place to do so.¹

→ Not Knowing How to Help

Bystanders can be unsure what the best response is or if their response will change anything during a cyberbullying event.⁴

Perspective-Taking ←

Bystanders sometimes think that the victim 'deserves it' or brought it on themselves¹. They may also assume no intervention is needed since it's 'not a big deal'.¹

→ Safety

It can be unrealistic to expect children to intervene in every situation—it can sometimes be unsafe.¹

