

**What stops people becoming an upstander?**

The bystander effect -

**'someone else will  
deal with it'**

**What stops people becoming an upstander?**

The fear of becoming the target of

**'what if it's me next'**

**What stops people becoming an upstander?**

Not wanting to be called a

**'grass' or 'snitch'**

**What stops people becoming an upstander?**

**'Nobody else is doing anything  
to stop it, so why should I'**

**What stops people becoming an upstander?**

**A lack of empathy with the person being bullied**

**What stops people becoming an upstander?**

**'But I can't make a difference'**

**What stops people becoming an upstander?**

**The person doing the bullying is one of your friends**

**What stops people becoming an upstander?**

**The bullying provides entertainment**

**What stops people becoming an upstander?**

**I don't know what to do to  
stop the bullying**

**What stops people becoming an upstander?**

Victim blaming

**'they deserve it'**

**What stops people becoming an upstander?**

**If I ignore the bullying  
it will go away**

**What stops people becoming an upstander?**

Finding the bullying funny

**'it's just a bit of fun, right'**

**What stops people becoming an upstander?**  
**Fear of making things  
worse for the person being  
bullied**

**What stops people becoming an upstander?**  
Bullying is  
**'part of school life so what's  
the problem'**

**What stops people becoming an upstander?**

Standing up for other people is  
**'scary'**

**What stops people becoming an upstander?**

**'An adult will sort it out'**