

# Tip Sheet for Parents and Educators: What *actually* helps in bullying situations?

Based on data from the Youth Voice Research Project, 2010, Stan Davis & Charisse Nixon, PhD  
(The entire study in detail can be found at <http://www.youthvoiceproject.com>)

Summary of the study:

- Survey of approximately 13,000 students in **grades 5-12**, from 31 schools in 12 states
- Focus: what helped, and what didn't help, in coping with bullying situations
- **Conclusion: some commonly recommended strategies do not in fact appear to be helpful in resolving or coping with bullying situations. However, other strategies do appear helpful.**

## What can bystanders do that really helps?

### ACCORDING TO *BULLIED YOUTH*, WHAT CAN OTHER STUDENTS DO TO HELP?

Most helpful Bystander Strategies (These made things better more often than they made things worse)	Neutral Strategies (These worked sometimes but sometimes made things worse)	Least Helpful Bystander Strategies (These made things worse more often than they made things better)
Spent time with me at school	Kindly told person to stop	Made fun of me
Talked to me at school to encourage me	Angrily told the bullying person to stop (confronted the person who bullied me)	Blamed me
Helped me get away from the situation		Ignored the situation
Gave Advice about what I should do		
Called me at home to encourage me		
Helped me tell an adult		
Made a distraction		
Told an adult		

This document can be found at <http://www.youthvoiceproject.com> AND at <http://www.marcenter.org> (Massachusetts Aggression Reduction Center)

