

PSHE / SEL · Y3–Y6

Anti-Bullying & Bystander Skills

Knowledge Organiser — Y3–Y6

Key vocabulary

1

Bullying

Behaviour that is: **DELIBERATE** (on purpose), **REPEATED** (happening more than once), and involves a **POWER IMBALANCE** (the target finds it hard to defend themselves).

Example: All three must be present. One unkind act ≠ bullying. A one-off argument ≠ bullying.

2

Bystander

Someone who witnesses bullying but is not directly involved. Most bullying episodes have bystanders. Their response can make bullying worse or help stop it.

3

Upstander

A bystander who takes action — either by directly supporting the target, refusing to join in, or reporting to a trusted adult.

4

Cyberbullying

Bullying that happens through digital technology — texts, social media, gaming platforms, emails. Can happen 24 hours a day with no escape at home.

Example: Sending nasty messages; sharing embarrassing photos; excluding someone from group chats; spreading rumours online

5

Types of bullying

Physical (hitting, pushing); Verbal (name-calling, threats, teasing); Social/relational (leaving out, spreading rumours, turning others against); Cyberbullying.



6

Power imbalance

The target cannot easily defend themselves or make it stop. May be due to physical size, social status, age, or group dynamics.

Bystanders can do

You don't have to be a passive

- DON'T JOIN IN: refusing to laugh at or encourage bullying removes the audience that makes it rewarding
- SHOW SUPPORT: a simple act — sitting with someone, checking in after — can make a significant difference to a target
- REFUSE TO SPREAD: if someone shares a rumour or unkind post, don't share it further
- REPORT: if you witness bullying, tell a trusted adult. This is not 'telling tales' — it is helping someone who cannot help themselves
- SAY SOMETHING (if safe): 'That's not okay' or 'Leave them alone' — if you can say it safely
- TIMING: you don't have to act in the moment. Supporting the target privately afterwards matters too
- REMEMBER: most bystanders want to help but don't know what to do. Knowing the options makes action more likely.

