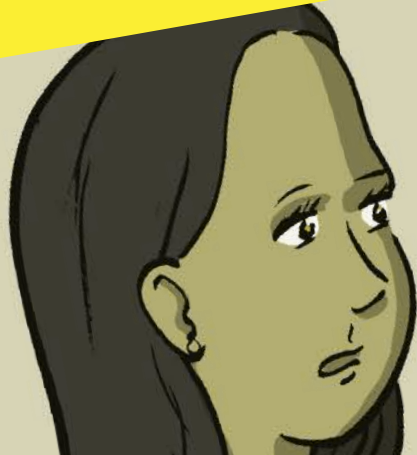


~~No knives~~
Better lives

ACTIVE BYSTANDER PACKAGE

NAE DANGER

Presentation Pack



Active Bystander Package

Presentation Pack

Time required	20 minutes
Objectives	To encourage young people to think about being an active bystander in real-life situations.
Resources required	Presentation slides Notes

Be Aware:

- ▲ Some young people may feel that telling an adult or taking a note of things makes them a 'grass'.
- ▲ It is important to emphasise that active bystanders take action to keep their friends safe, 'grassing' is about making things difficult for someone else and causing trouble.
- ▲ The STEPS approach offers alternative actions they may feel more comfortable and confident doing.

SLIDE 1**Introduction**

Start by welcoming everyone and introducing yourself.

Explain that today's presentation is about increasing young people's knowledge and understanding of how to be an active bystander.

SLIDE 2**Activity: Stand Up, Sit Down**

Explain that you're going to play a game of Stand Up, Sit Down to see their thoughts on scenarios.

Read out each statement and have the young people decide whether they think it's a good or bad idea. If they think it is a good idea, stand up. If they think it's a bad idea, sit down. After each statement, explain the answer so they have a better understanding of why.

1. People carry knives because it will protect them from harm.

Answer: Sit down.

Explanation: Some people think this way, but it isn't true. Carrying a knife can actually make situations more dangerous and increase the likelihood of the person carrying the knife getting hurt.

2. If you see your friend starting to get wound up by someone, distracting them or pulling attention away can be a safe way to defuse the situation.

Answer: Stand up.

Explanation: Distraction can be a helpful and non-confrontational way to calm a tense situation.

3. If a friend mentions they're carrying a knife for protection it's best to just ignore it because it's not your business.

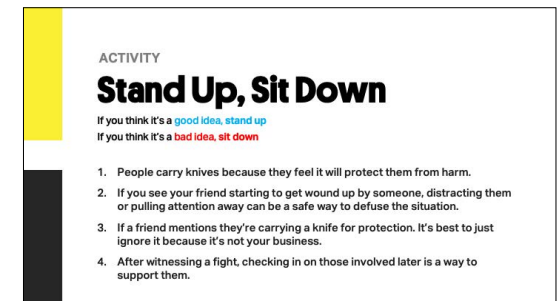
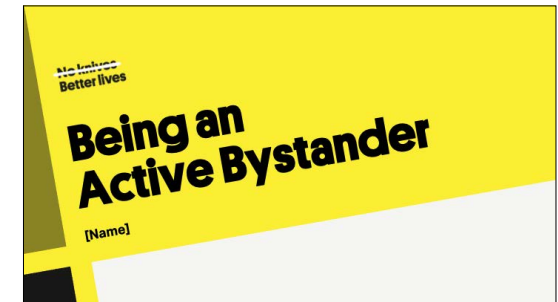
Answer: Sit down.

Explanation: Ignoring this behaviour can be dangerous. Encourage your friend to talk to a trusted adult instead of carrying a weapon if they feel threatened.

4. After witnessing a fight, checking in on those involved later is a way to support them.

Answer: Stand up.

Explanation: Supporting others after an incident shows you care and encourages a safer environment for everyone.



SLIDE 3**What is an Active Bystander?**

- Ask the group for suggestions on what they think an active bystander is.
- Reveal the definition on the slide: An active bystander is someone who takes steps to safely make a difference when something isn't right like knife crime or violence. Being an active bystander is about supporting others and helping to keep everyone safe, without putting yourself at risk.
- Ask if anyone can identify any active bystanders from the Stand-Up, Sit-Down game.

SLIDE 4**The STEPS to Being an Active Bystander**

Ask the young people for any other examples on how to be an active bystander.

Explain that we have developed a way to group actions they can take using the STEPS approach. Link their ideas to the stages or ask for an example of each.

Step Up: Recognise the problem and intervene directly.

Act in the moment to address the behaviour. This could involve calmly talking to the person who is about to cause harm or the person experiencing it. Only Step Up if you feel it's safe and appropriate to do so.

Tell an Adult: Get help from a trusted adult such as a youth worker or teacher.

If someone's safety is at risk, reporting the issue—even anonymously through services like Fearless—can make a big difference. This isn't about grassing; it's about getting the right support for you and your friend.

Evidence: Take notes of what has happened, including what you saw, heard, or know about the situation.

Be aware if you take photos or videos, it can make things worse, upset the people involved, or spread hurtful content if shared. Filming might also make others feel unsafe and could get you into trouble. If the situation becomes a criminal investigation, the Police could confiscate your phone. Instead, focus on remembering or writing down what you saw and heard so you can explain it clearly if needed.

Pull Attention Away: Take the focus off the problem and shift their attention to something safer.

This can de-escalate tension and create an opportunity to address the issue later in a safer environment. This could include changing a subject to something more positive or asking them to do something different with you.

Support Later: Follow up and check in with the person after the situation.

Checking in privately shows that you care and can help them feel supported in finding safer ways to cope with their situation.

What is an Active Bystander?

An active bystander is someone who takes STEPS to safely make a difference when something isn't right like knife crime or violence.

Being an active bystander is about supporting others and helping to keep everyone safe, without putting yourself at risk.

STEPS to Being an Active Bystander

Step Up:	Take action and say something.
Tell an Adult:	Get help from a trusted adult.
Evidence:	Take notes of what has happened, including what you saw, heard, or know about the situation.
Pull Attention Away:	Distract to defuse the situation.
Support Later:	Offer help or check in afterward to support those involved.

SLIDE 5

Activity: "What Would You Do?"

Go through the below with each scenario one at a time.

- Think-Pair-Share: Ask the young people to first think individually about their response. Then, have them discuss with a partner and identify where their response matched with the STEPS approach.
- Invite a few pairs to share their thoughts with the larger group.

SCENARIOS:

1. During lunch, you see two friends arguing, and one of them starts reaching into their bag angrily looking for a weapon.

Prompt: How might you pull attention away or distract them?

2. A friend tells you they're worried about getting hurt and are thinking of carrying a knife for protection.

Prompt: How could you support them in a positive way and encourage safer options?

3. You hear a rumour about a fight happening after school between two groups. Some of the people involved are rumoured to carry knives.

Prompt: Would you tell an adult, and if so, why?

SLIDE 6

Why It Matters

Discuss how small actions can make a big difference in building a safer and more supportive community.

ACTIVITY

What Would You Do?

1. During lunch, you see two of your friends aggressively arguing, and one of them starts frantically reaching into their bag. You know they are carrying a knife.
2. A friend tells you they're worried about getting hurt and are thinking of carrying a knife for protection.
3. You hear a rumour about a fight happening after school between two groups. Some of the people involved are rumoured to carry knives.

Why It Matters

- Every action, no matter how small, helps towards making our community safer.
- Active bystanders help prevent harm and create a culture where violence and carrying weapons are not accepted.
- Supporting friends in the right way can save lives and prevent dangerous situations from escalating.
- By using the STEPS approach, you can make a difference without putting yourself at risk.

SLIDE 7

Wrap-Up

- Reiterate that being an active bystander doesn't mean stepping into danger but taking safe and small steps to support others.
- Encourage students to think of situations where they could use these STEPS in everyday life.
- Sign post support from trusted adults (teachers, youth workers, or family members) and online support (Childline, Breathing Space).

Facilitator Notes

Ways to make it more interactive:

- Use an online tool like Mentimeter, Kahoot, Jamboard etc.
- Adapt scenarios to be specific to your young people.
- Include scenarios where volunteers act out situations related to knife carrying, followed by a group discussion on what the characters could have done differently.
- Create an interactive promise where young people can come up to sign a banner or add their commitment on a post-it note.

