

# Newport Mill Middle School

## HOW TO BE AN ALLY

**PURPOSE:** To give students some ideas on how to be an ally – what they could say or do  
When they see bullying and teasing

**TIME:** 15 MINUTES

**MATERIALS:** Overhead Projector, “FROM BYSTANDER TO ALLY” handout

**Say:**

- ✓ *It is difficult to be an ally when we see bullying or teasing. Sometimes it is scary or risky to help someone else even if we feel sorry for the target or feel that what is happening is wrong. And even when we do not feel scared, it is difficult to know what to say when we see bullying and teasing.*
  - ✓ *We are going to look at sample phrases that might make it easier for us to get the words out when we want to be an ally. As we read these phrases, think about which ones you would use. Also there is a place on the sheet to write some of the things you might prefer to say.*
  - ✓ *We will also read some phrases you could say to the target of teasing/bullying. Remember, just showing concern for the victim goes a long way in helping them get through the teasing they endure each day.*
  - ✓ **Give Hand Out: Being An Ally (Handout). Remind students to keep these handouts as they will need to use them in their role plays.**
- As you read the phrases with the students, encourage students to express whether this is a practical phrase to use or not. If not, can they think of something else? If you can, try to write down the things they say as this would help the counselors in future lessons

# METAMORPHOSIS

From **BYSTANDER** to **ALLY**

<b>SAMPLE PHRASES YOU CAN SAY</b>	<b>THINGS YOU MIGHT PREFER TO SAY</b>
<p data-bbox="412 472 695 506" style="text-align: center;"><b><u>CALM PHRASES</u></b></p> <p data-bbox="159 556 862 720">You may not have meant to hurt anyone, but... I know a lot of people say that, but .... I know some people think that's funny, but... You might feel angry, but ...</p> <p data-bbox="350 770 755 804" style="text-align: center;"><b><u>CALL IT OUT PHRASES</u></b></p> <p data-bbox="159 854 889 1018">That's messed up! You're bullying that person. You're spreading a mean rumor and it's not true. Stop showing off!</p> <p data-bbox="285 1068 821 1102" style="text-align: center;"><b><u>SAY HOW YOU FEEL PHRASES</u></b></p> <p data-bbox="159 1152 881 1316">It offends me. It's not OK with me. How would you feel if someone did that to you? That's not funny.</p> <p data-bbox="269 1367 837 1400" style="text-align: center;"><b><u>SAY WHAT YOU WANT PHRASES</u></b></p> <p data-bbox="159 1451 922 1572">Just please stop saying that. I don't think we should talk behind people's backs. Please don't joke like that anymore.</p> <p data-bbox="399 1623 708 1656" style="text-align: center;"><b><u>OTHER PHRASES</u></b></p> <p data-bbox="159 1665 938 1955">Those words hurt feelings. What's the big deal? Is it really that important? It's better not to judge others. A lot of families have disabled people. I don't think ( <u>name</u> ) really means to act that way. You're my friend, but that's not right. I don't think I know ( <u>name</u> ) well enough to say that.</p>	

## **SAMPLE PHRASES TO SAY TO VICTIM**

Remember: adults who had been teased said what was worse than the name calling was when no said anything about it

I just want you to know that I don't agree with what  
( name ) just said.

Just ignore them.

You can join us.

Don't listen to that.

Be proud of who you are, I am!

He/She doesn't know what he's talking about.

Not everybody thinks that about you.

They're only saying that to impress their friends.

## **THINGS TO DO WHEN YOU SEE TEASING**

Get the victim to leave the situation

Encourage bystanders to leave the situation

If your friend is teasing/bullying, get them to leave.

Ask an adult for help with the situation

Find allies and stand up to the bully/teaser as a  
group

Start a conversation with the victim/target

## **STRATEGIES FOR VICTIMS OF TEASING**

Walk away from someone who is teasing you.

(There is a difference between walking away and  
ignoring)

Find an ally.

Be an ally to someone else. (they might return the  
favor)

Tell a teacher you trust or a counselor or other  
trusted adult

## **MORE TIPS TO STOP TEASING**

Surround yourself with friends  
*who make you feel good about  
yourself.*

Try new things. *There are pieces  
of us that we might discover that  
we'd never know without trying .*

You can't control what other  
people think of you but you can  
control your response. *Counter a  
negative comment with a positive  
thought*

Confide in a trusted adult. A  
*grown up can say, "I know how you  
feel. I've been there, too."*

Keep a journal. *Often, writing  
down the things that are bothering  
you can help put them in perspective  
and is a way to get them "off your  
chest."*