

METAMORPHOSIS

From BYSTANDER to ALLY

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 of someone whose feelings have been hurt because of the words of another person. 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 instead.

SAMPLE PHRASES YOU CAN SAY	THINGS YOU MIGHT PREFER TO SAY INSTEAD
<p><u>CALM PHRASES</u> 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><u>CALL-IT-OUT PHRASES</u> 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><u>SAY-HOW-YOU-FEEL PHRASES</u> 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><u>SAY-WHAT-YOU-WANT PHRASES</u> 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><u>OTHER PHRASES</u> 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 a disabled person. I don't think (name) really means to act that way. You're my friend, but that's not right. I don't think I know (name) well enough to say that.</p>	

For additional information and handouts related to this activity, visit www.character.org.

SOURCE: Newport Mill Middle School