



Let's  
Get Real

## Being an Ally

**Directions:** It is difficult to be an ally when we witness bullying. 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 witness bullying.

Following the six steps below may make it easier for us to "get the words out" when we want to be an ally. Read the sample phrases next to each step. Which phrases would you use? Does it depend on the situation? Fill in your own ideas about things you could say.

### STEPS/SAMPLE PHRASES

### THINGS I MIGHT SAY...

#### STEP 1: GET THE BULLY'S ATTENTION

Hey, [Name]. Can I talk to you for a second?  
I forget your name. What is it?  
Yo!  
*Wave or put both hands up in stop position*

#### STEP 2: KEEP IT CALM

You may not have meant to hurt anybody, but ...  
I know a lot of people say that, but ...  
I know some people think that's funny, but ...  
You might feel angry or pissed off, but ...

#### STEP 3: CALL IT OUT

That's messed up.  
That word is a put-down.  
You're bullying that person.  
You're spreading a really mean rumor that's not true.

#### STEP 4: SAY HOW YOU FEEL

It offends me.  
It's not OK with me.  
What if [name of target] starts believing that about himself/herself?  
How would you feel if somebody did that to you?

#### STEP 5: TELL THEM WHAT YOU WANT

Just please stop using that word.  
You need to apologize to that person.  
Stop talking behind people's backs.  
Please don't joke like that anymore.

#### STEP 6: PUT A PRICE ON IT

If you keep doing that, we can't be friends anymore.  
If you don't stop, I'll make sure people know what you're doing.  
If you do that again, I'm going to report it to the principal or a teacher.  
If you ever harm that person again, I'm going to call the police/security.

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