

# HOW TO BE AN ALLY

## MATERIALS |

None

**OBJECTIVES |** The objective of this activity is for participants to practice interrupting discrimination and bullying.

## FACILITATOR INSTRUCTIONS |

Review the definition of an ally—someone who works with and acts in support of the person or group being targeted, harassed, made fun of, or discriminated against.

Brainstorm a list of ways you could be an ally to someone. Some ideas:

- Say “hey that’s not cool.”
- Say “I don’t think that’s funny.”
- Walk with the person being targeted
- Use inclusive language
- Treat others kindly
- Invite someone new to eat lunch with you
- Tell an adult

Brainstorm a list of examples of times they witnessed someone being bullied, picked on, or treated badly at school.

Break participants into groups of 4 or 5. Assign each group a scenario that was brainstormed. Give participants time to create a skit in which one person (or more) acts as an ally to someone being bullied or picked on using one or more of the ideas you all brainstormed. Share skit with the rest of the class.

Ask the audience for other ideas they could have tried. Re-do the skit a new approach or different technique after getting feedback from the group. You could invite others to try the skit re-do.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- Why is it so difficult to be an ally?
- How can we keep practicing being an ally?



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/creating-inclusive-spaces/>

## NOTES |

Although participants will be acting out scenarios of bullying and discrimination, they should still make sure to avoid using discriminatory or problematic language or taking on stereotypical voices in their skits.

Consider posting the list of ideas of how to be an ally or compiling them into a handout.

# Ally Pledge

When students at my school are being harassed, made fun of, bullied or discriminated against I pledge to...

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Printed Name

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Signature

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Date