

Stand Up! Speak Out!

I'LL SPEAK OUT: "Count on me, I'll speak out for you!" Guide for Discussion, Reflection or Role Play

Even young children have power in their voices! They can speak out and be Allies for each other!

Vocabulary

ally: a person who is kind and helpful to someone who is hurt, afraid, or the target of bullying

(silent) bystander: a person who sees someone hurt or afraid, but doesn't say or do anything to help

to speak out: to say how you feel or what you think; to tell someone to stop doing something hurtful

to count on someone: to know someone will be kind and helpful, no matter what

to trust someone: to know someone will be kind and helpful, no matter what

to desert someone: to leave someone alone when that person needs help; to say or do nothing when someone is hurt or afraid and needs help

to feel deserted: to feel like you are left alone when you wish you had an Ally by your side to help you

I'll speak out if someone tries to hurt you / I'll speak out if someone is unkind

1. What does it mean to "speak out" for someone? Describe—or role play—how you might speak out...
 - If your friend was running on the playground and s/he tripped and fell down?
 - If someone called your friend a name that wasn't nice?
 - If someone tried to take your friend's lunch money?
2. Describe—or role play—how you might speak out if someone you did *not* know tripped and fell down, was called a mean name, or someone tried to take away their lunch money?
3. How might you speak out for yourself in each of those situations? Is there a difference between speaking out for yourself, speaking out for a friend, and speaking out for someone who is not your friend? How is it different? How is it the same?
4. How do you decide when to speak out? Can you think of some situations...
 - When someone is saying or doing something unkind to *you*?
 - When someone is saying or doing something unkind to someone *else*?
 - Has anyone ever told you when you should speak out?

I'll speak out / I will not desert you

5. Imagine that a new girl named Carly came to school one day. During recess, all the children started playing together, but no one invited Carly to play. How do you think Carly would feel? Describe—or role play-- something you might do or say to show Carly that you are her Ally, you are *not* a silent bystander.
6. Have you ever been 'the new student'? Take turns describing or acting out what it would be like if all the other children started playing with each other, but no one asked you to join in.
7. Imagine if someone called you a name or was mean to you. Would you want someone to be an Ally and "speak out" for you? What would you hope someone would say or do? How would you feel if no one said anything or did anything to help you, if everyone was a bystander? Do you think you might feel "deserted"? Describe or role play what that would be like.
8. Who can you "count on"? How do you know you can count on this person? Who can "count on" *you*? How do you show someone that they can count on you?
 - By being kind, by being an Ally
 - By doing what you say you will do
 - By earning their trust