

Be a Friend ~ Lend a Hand



Reach Out



Say "Stop"



Report Concerns

Be a Friend ~ Lend a Hand

Be a Friend ~ Lend a Hand is for young people who play a very important role in stopping hurtful behavior and bullying. Who are these important students? The ones who see someone being hurtful and do something to help make it stop. If you see that someone is being hurtful, you can be a ...

- **Hurtful Participant.** Someone who joins in or supports the harm.
- **Passive Observer.** Someone who just watches or walks away.
- **Helpful Ally.** Someone who tries to stop the harm.

Three Ways to Be a Helpful Ally

There are three ways that you can be a Helpful Ally:

- **Reach Out.** Reach out to be kind to the person being hurt or help friends resolve conflict.
- **Say, "Stop."** Publicly or privately tell the person being hurtful to stop.
- **Report Concerns.** Tell an adult who can help.

Who is Really "Cool?"

These are the words the students at (school name) used most frequently to describe someone who tries to help when they see that someone is being hurt or is at risk.

(Data from the survey, set forth as a tag cloud.)

Caring Brave Helpful **Kind**

Compassionate Nice Responsible

Understanding Hurtful Behavior

To be an effective Helpful Ally, it is important to know more about why a person might act in a hurtful way to another person. These are common reasons:

- To get attention and to be considered "cool."
- To get "power" over others.
- To get back at others, because they are frustrated or angry.

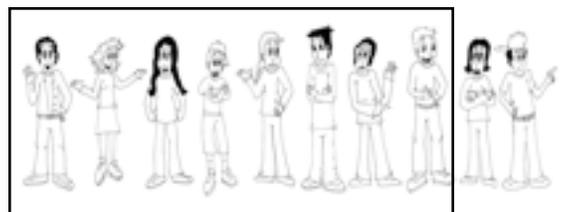
What a person who is being hurtful generally wants most of all is ...

AN AUDIENCE!

What a person who is being hurtful to others does not understand is that having an audience is not the same as having people like you and want to be your friend.

What (School Name) Students Think

**% of (School Name) students really do not like to see others being hurtful.



Pretending it is Okay to be Hurtful

Often when people are hurtful to others, they try to pretend that what they are doing is okay. If you listen closely to what they say, you can identify four common ways that people who are hurtful try to rationalize their actions:

- **Spin It.** “I was just joking.” “It’s just ‘drama.’”
- **Blame Others.** “Someone else started it, I just joined in.” “Everybody does it.”
- **Deny the Harm.** “It’s no big deal.” “He or she is just overreacting.”
- **Put Down.** “He or she deserves it.” “Someone needed to say it.”

Sometimes people who witness harmful actions, but do not do anything to help, may use the same rationalizations for why they did not do anything.

Deciding Not to be Hurtful

Here are the top reasons why (school name) students would decide NOT to be hurtful.

How I would feel if someone did this to me.
How I would feel about myself
What my parents, guardians, or other adults whose opinion I value would think of me.
What my friends would think.
What this would do to my reputation.



Reach Out

Many students say that the thing that helps the most if they are being hurt by someone is when another student reaches out to be kind to them.

Helpful Ways to Reach Out

These are some common ways (school name) students said they could reach out to be kind:

Ask the person to join you for lunch.
Talk to this person about things he or she likes to do.
Smile at the person whenever you pass.
Tell the person to ignore the one being hurtful.



Help Resolve Conflict or “Drama”

You can also reach out to be kind to your friends to help them resolve a conflict, an argument, or “drama.”

- Ask each person to agree to listen to the other.
- Ask each person, in turn, to explain their perception or understanding of what happened and how this made them feel.
- Reflect this back: “You are feeling ____, because ____.”
- When you are sure both understand how the other is feeling and why, then ask them to brainstorm a number of solutions that would allow both of them to be happy.
- Help them come to an agreement on which solution they will try first and if this does not work, which solution they will try next.
- Ask them to “shake hands” on the agreed solution.



Say "Stop"



There are important guidelines to follow when you say, "stop."

- Keep yourself safe.
- Don't get into an argument.
- Don't retaliate.
- Don't feed the person's attention-getting intentions.

Ways to Say "Stop"

"How would you feel if someone did that to you." "Let it go." "Chill out." "Dislike." "Not okay." Really?" "Time out." "Not cool." "Knock it off." "Give it a break." "Do you really want to go there?" "Think about what you are doing."

Publicly Say, "Stop" Using the Power of Three

There is safety in numbers. Use the "Power of Three" to publicly say, "Stop."

- Find two other people who also do not like what is happening.
- All three of you simply say, "Stop."
- Walk away. Also help the student who is being hurt walk away, if necessary.
- If hurtful material has been posted online, all three of you can publicly post messages saying, "Stop" at about the same time.



Privately Talk with the Person Who is Hurtful

If you have a good relationship with a person who has been hurtful, you might talk with this person in private.



- Ask these kinds of questions:
 - What were you thinking?
 - How would you feel if someone did the same thing to you?
 - What will other students think?
- Challenge their excuses ~ the ways they might be pretending that it is okay for them to be hurtful, discussed above
- Help your friend figure out how to make things right.

What to Do if Someone Says, "Stop"

What should you do if someone says, "Stop" to you?



- Take a deep breath and either close your eyes briefly or look down so that you can quickly take control of yourself.
- Walk away or get offline. Go to a place where you can be alone to think things through. Or find a trusted friend or adult to talk with.
- Think about what just happened. Ask yourself these questions: "What was I thinking?" "How would I feel if someone did that to me?" "What can I do to make things right?"
- Take steps to make things right.

If something is not working right in your life or if someone is making you feel angry or left out, talk with a trusted adult or a friend to get ideas on how you can also make things right for you.



Report Concerns

Sometimes it is important to report what is happening to a school staff member, your parent or guardian, law enforcement, or another responsible adult.

Ask "U OK?"

If someone you know appears to be distressed ask, "U OK?" Give the person a chance to talk. Then decide what to do not based on what this person said, but based on your "gut reaction."



What to Report

When you report, it is important to tell the whole story.

- Who is involved.
- What is happening.
- When this occurred.
- Where this happened If online, provide the URL or print it off.
- Why this is happening, if you know.

Report Concerns if ...

- You think someone might hurt another person or him or herself.
- Anyone is really sad, angry, or out of control.
- A group of students are being hurtful.
- A fight could break out.
- Someone has tried to get this to stop and it has not worked.
- It is not safe to do something by yourself.

How to Report

(Add instructions for reporting.)



Think Again About the Barriers

What do you think about these barriers now?

- I did not know what I could do. Can you think of some ways to help now?
- Others think the one being hurtful is "cool." This is how it might look. But is this actually what others think?
- It was not my business. How would you feel if you were being hurt and others thought it wasn't their business to help you?
- School staff should have done something. If they were present and recognized what was happening, they certainly should have done something. What if school staff did not see or understand?
- The one being hurtful could have retaliated. This is true and it is important to keep yourself safe. Are there ways you can help without the person being hurtful finding out?
- Others might have teased me if I tried to help. Who do most other students REALLY admire?
- The one being hurt likely deserved it. Does anyone really ever deserve to be hurt? Isn't this an excuse for not helping?
- Others thought it was funny. This is how it might look. But is this actually what others think?
- I decided it wasn't that bad. This might be true. Isn't this an excuse for not doing something?
- The one being hurt wasn't a friend of mine. Will you only step in to help someone who you consider a friend?
- The one being hurtful was a friend of mine. Isn't it important to get your friend to stop? What will people think about you if you are friends with someone who is hurtful?
- I could have failed and embarrassed myself. This is a risk. Is this a risk you are willing to take to help someone else?