



Get Started:

- Can you think of a time when you felt uncomfortable when someone said something unkind or insensitive about someone you cared about?
- What did you say?... Or what do you wish you had said but didn't and regretted later?

Activity: Practicing Positive, Proactive Advocacy

Throughout your lifetime, you will experience times when someone, a group of people, and/or a cause you care about is a target of hurtful words or actions. Practicing positive advocacy options now will help you be prepared later.

Partner with a classmate and discuss the questions for each scenario:

- Did you see her trip at practice?! That was hysterical. She looked so embarrassed!
- I can't believe you hang out with him. He is so annoying.
- Everyone knows that boys are better at math and science than girls.
- Another student is teased and even pushed around as he walks down the halls and in one of your classes.



ADVOCATING FOR OTHERS

When you see someone being unkind, be a:

Distracter: "Hey, let's go play basketball" or "Did you see this new video on YouTube?"

Supporter: Don't laugh at the situation. Comfort/encourage the person targeted.

Reporter: Talk to someone with more influence [an adult or peer(s)]

Confronter: "That's not cool." "That's not funny." "Hey, that hurts."

Questions:

- If the person/people being targeted heard this said, how do you think they would feel?
- Which advocacy option(s) do you think would be most helpful/applicable in this situation?
- What words could you say to advocate in this situation? (Write down and say it aloud.)

Reflection/Application: Planning Ahead for Positive Advocacy

Think of a time you wish you had the words and/or courage to advocate for someone. Looking back now, what could you say or do in that same situation to proactively advocate for someone?

Write 1) the situation, 2) what you would do or say, 3) how you would feel if you proactively advocated for that person/people, and 4) how it might impact your relationship.

"Twenty years from now, you will be more disappointed by the things you didn't do than by the ones you did do."

– Mark Twain