

Be a Friend  
Lend a Hand



TM

Stop the Hurt

Embrace Civility in the Digital Age

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What might you do if you find out that someone is being hurtful?



# You could 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

What should I do?



# How To Be A Helpful Ally

## ● Report Concerns

- ◆ Tell an adult who can help



## ● Reach Out

- ◆ Reach out to be kind to the person being hurt



## ● Say, "Stop"

- ◆ Tell the person being hurtful to stop



# Who is Really Cool?

(School name) students think  
Helpful Allies are:

(words from survey set forth in a Tag Cloud)

Caring **Brave** Helpful Kind  
Compassionate Nice Responsible

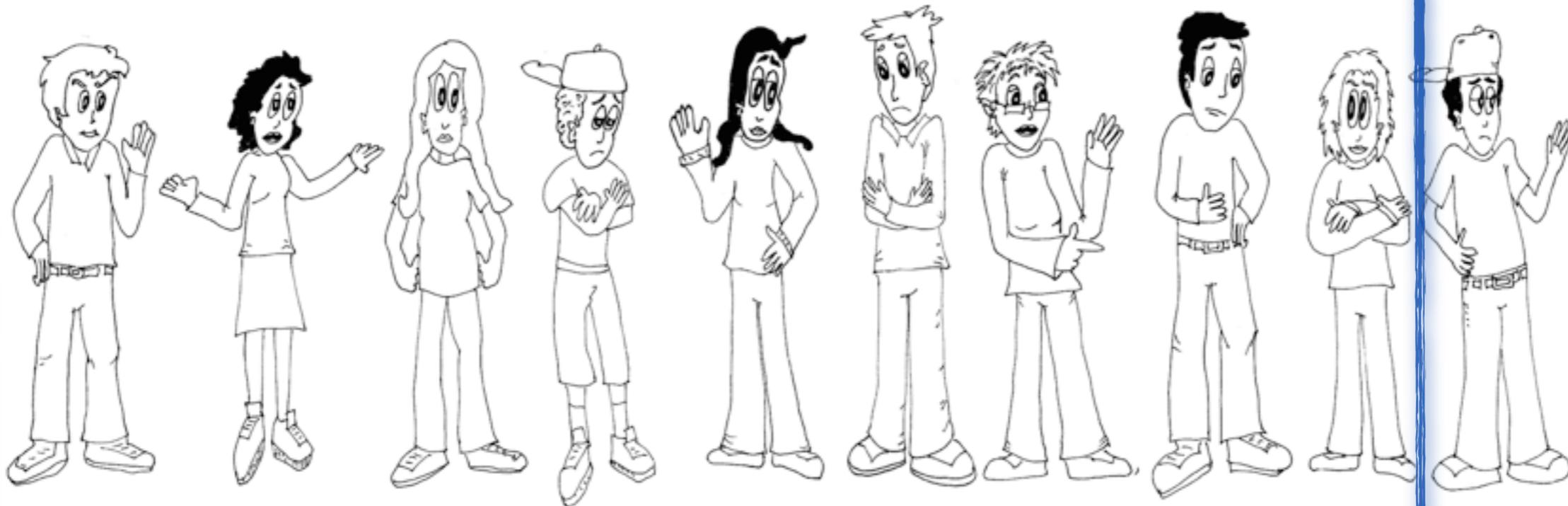
# Why Are People Hurtful?

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

They want an AUDIENCE!

# What do (school name) students think?

\*\*% of (school name) students do NOT like to see people being hurtful

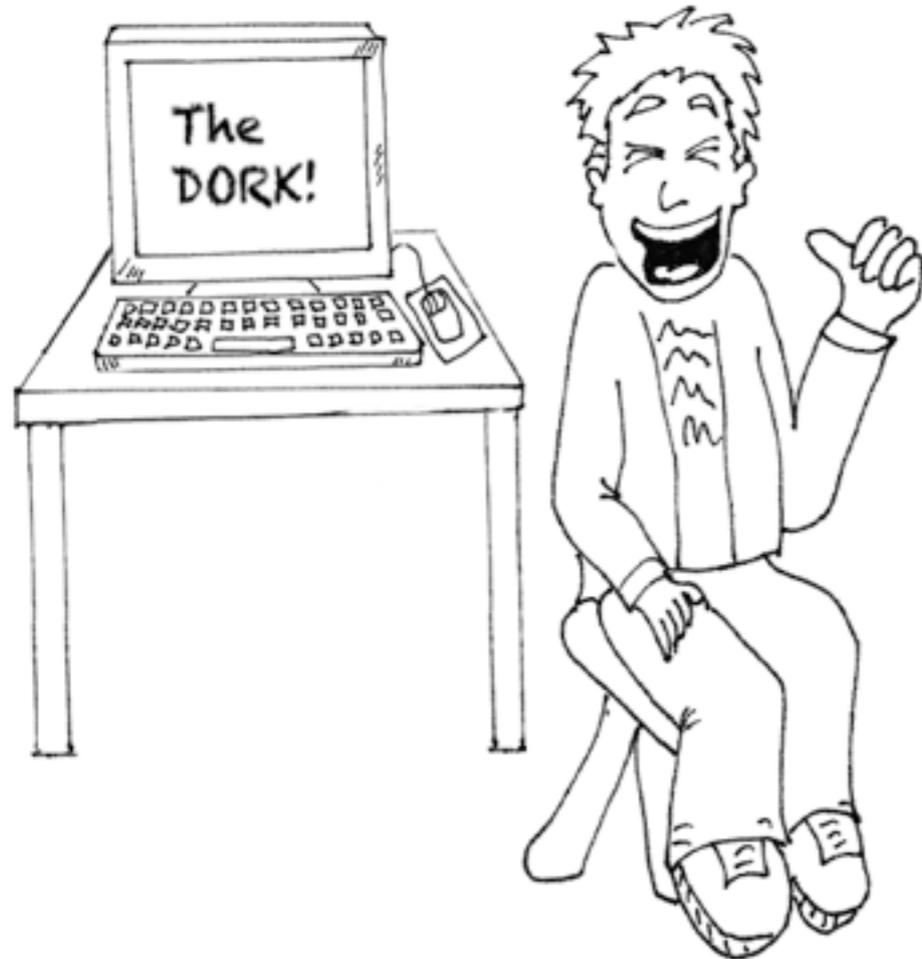




So what will they think of you if you are hurtful?

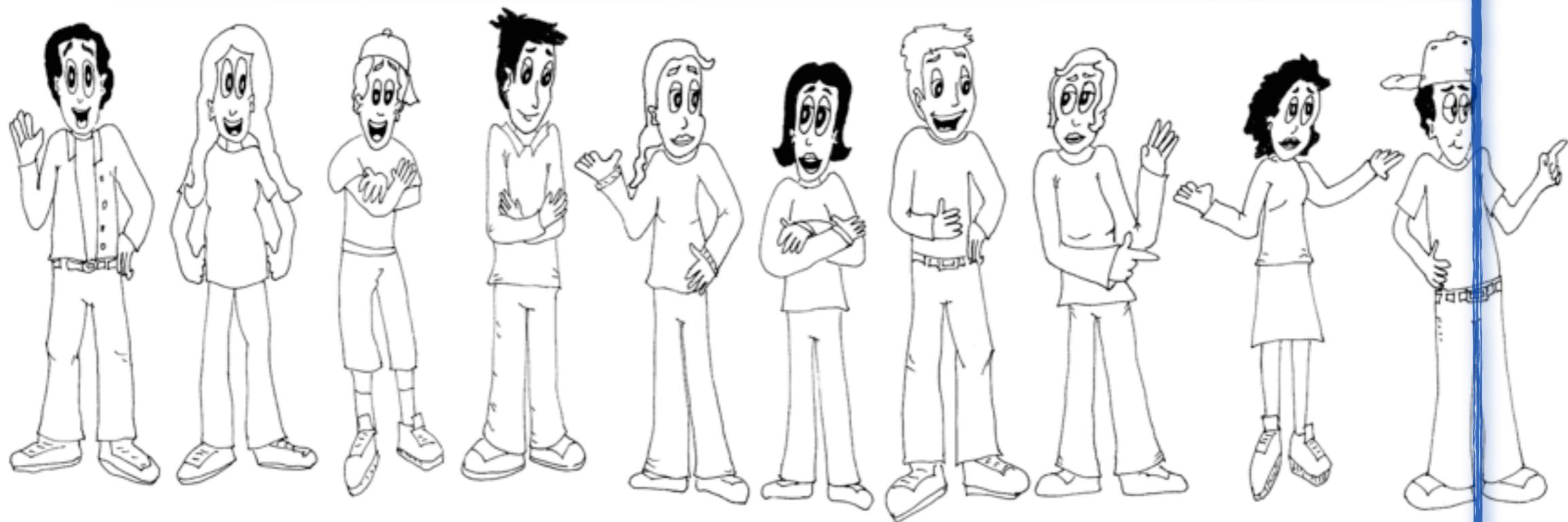
Consider this situation:

Someone is being hurtful to another ~ face-to-face or online



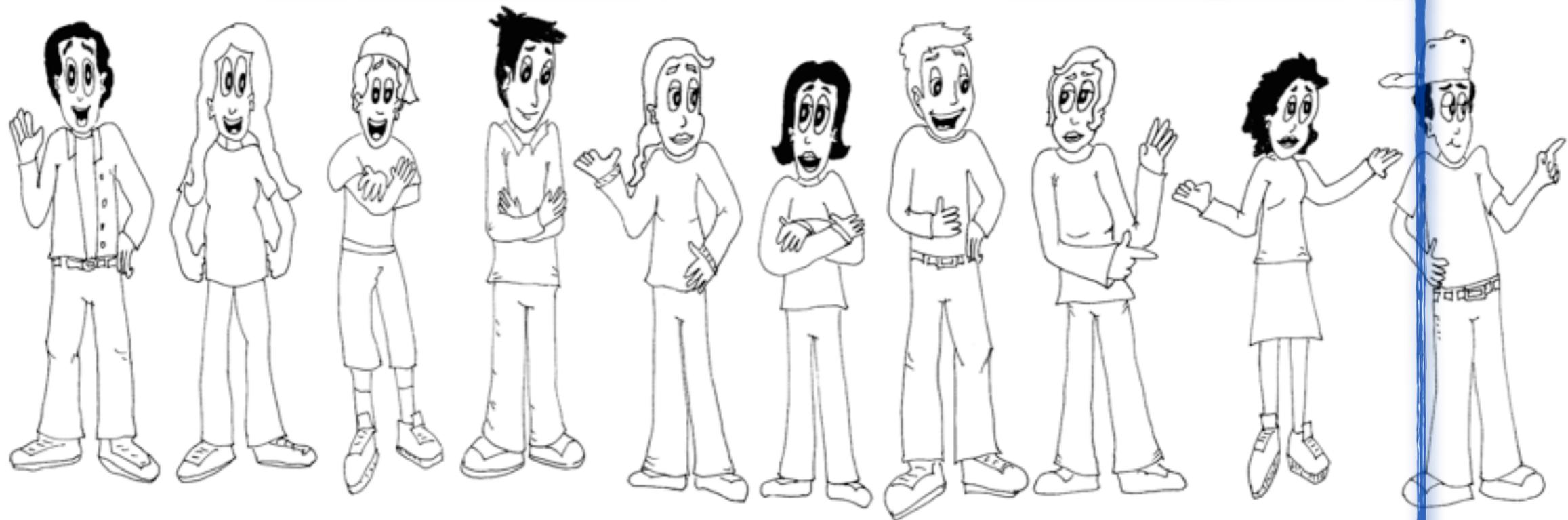
How likely would you want to be friends with someone who ...

Reported any serious concern to an adult who could help ~ \*\*%



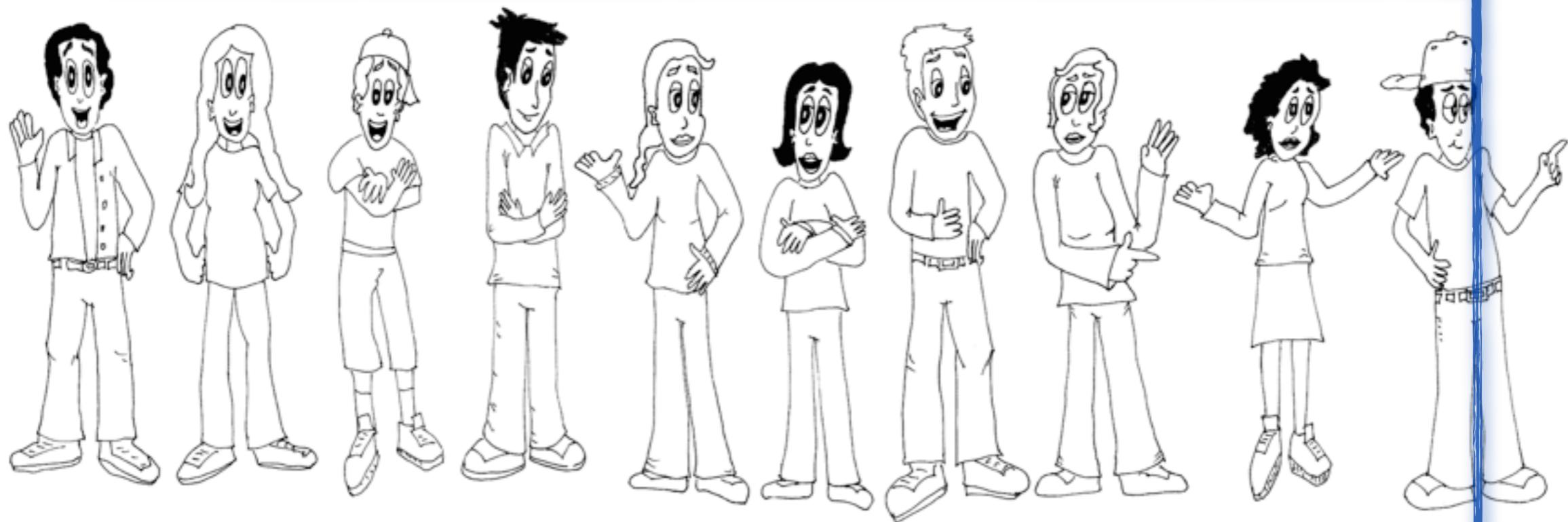
How likely would you want to be friends with someone who ...

Reached out to be kind to the person who was targeted ~ \*\*%



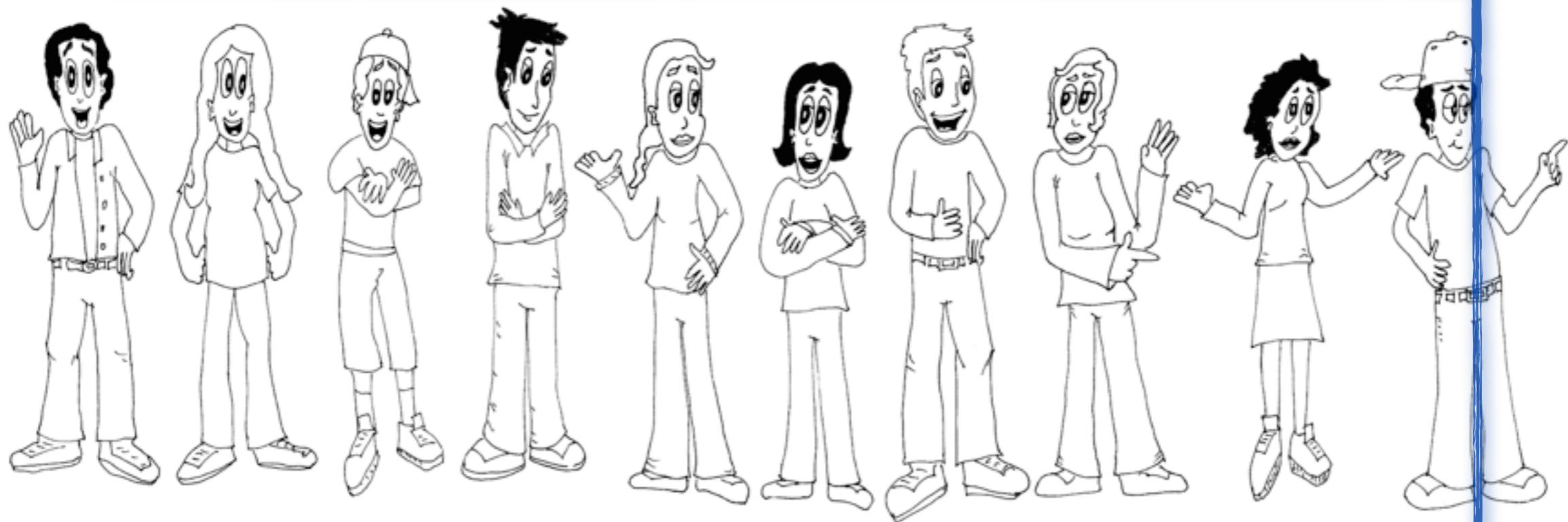
How likely would you want to be friends with someone who ...

Publicly told the person being hurtful to stop ~ \*\*%



How likely would you want to be friends with someone who ...

Privately talked with the person being hurtful to get it to stop ~ \*\*%



How likely would you want to be friends with someone who ...

Joined in with the person who was being hurtful ~ \*\*%



# Rationalizations

How people try to pretend  
it is okay to be hurtful



## ● Spin It

- ◆ "It was just a prank"
- ◆ "I was just joking"

# Rationalizations

How people try to pretend  
it is okay to be hurtful

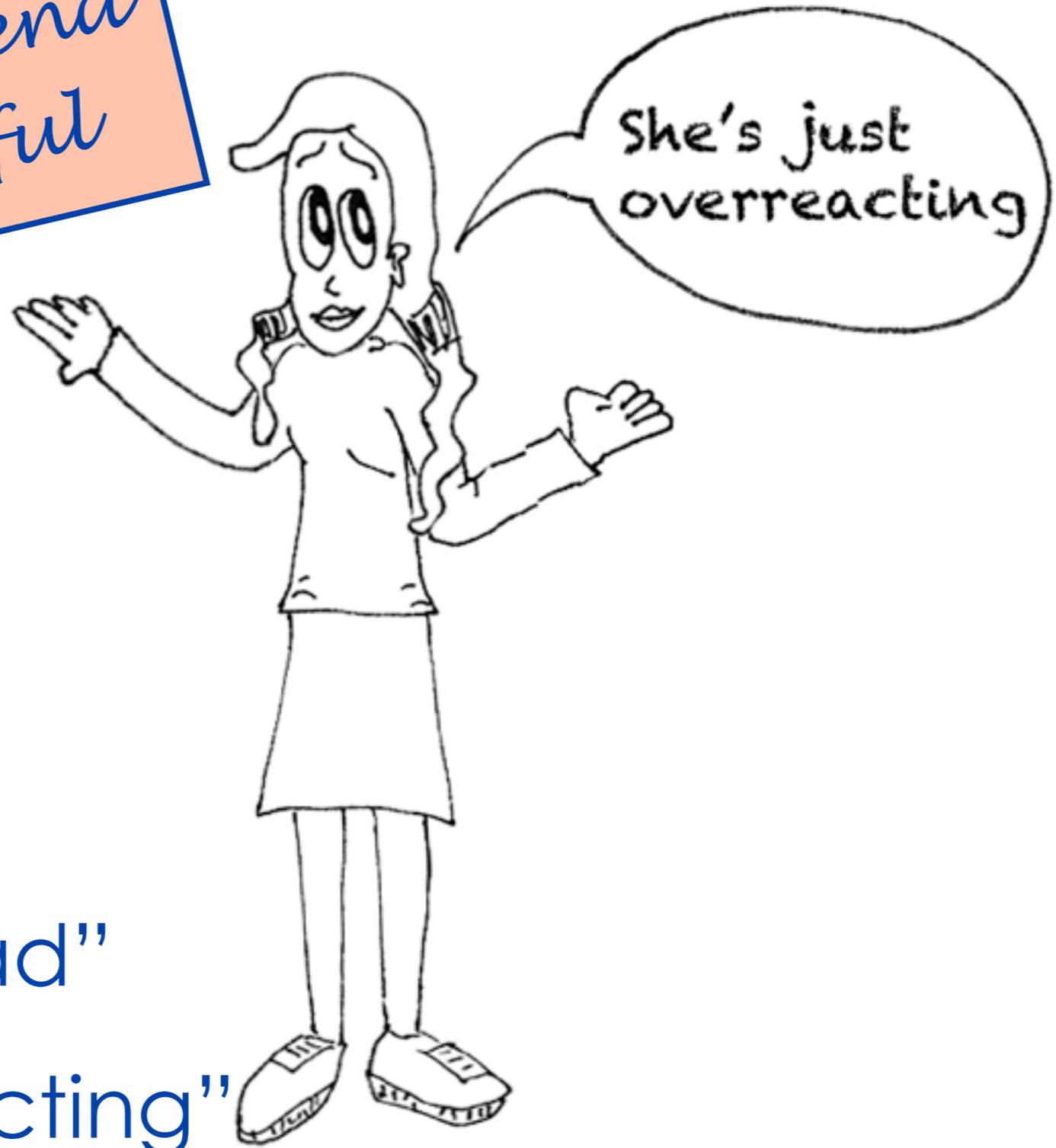
## ● Blame Others

- ◆ “He or she started it”
- ◆ “Everyone does it”



# Rationalizations

How people try to pretend  
it is okay to be hurtful



## ● Deny the Harm

- ◆ "It wasn't that bad"
- ◆ "They're overreacting"

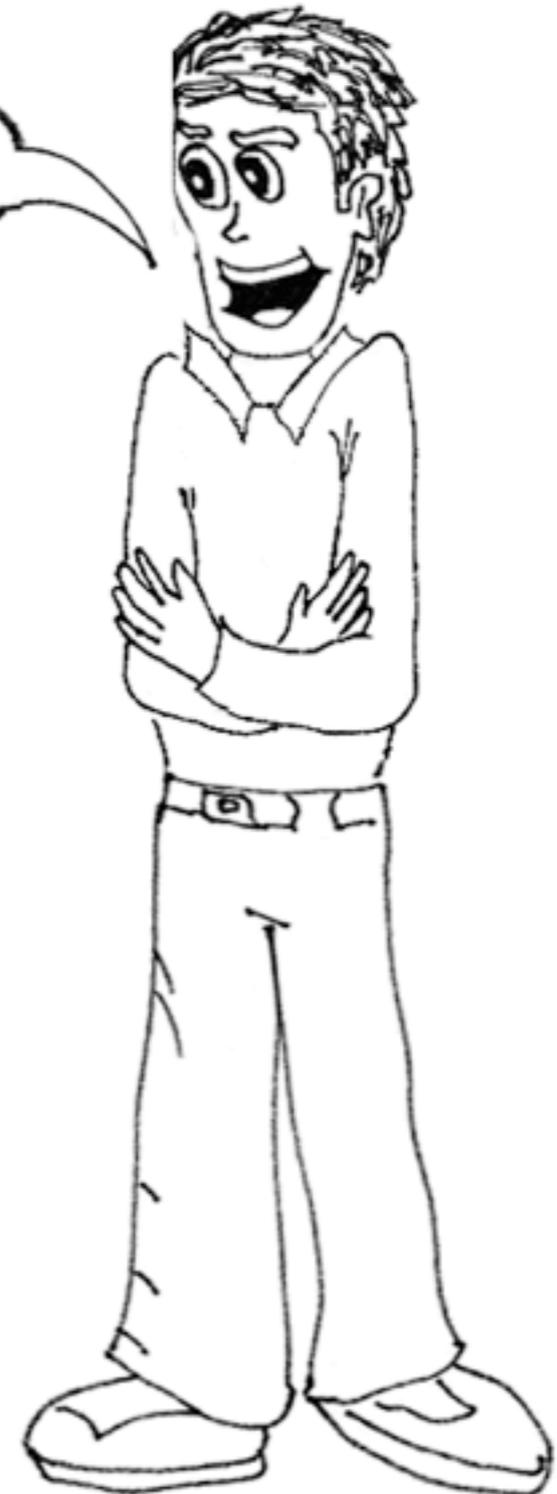
# Rationalizations

He deserved it

How people try to pretend it is okay to be hurtful

## ● Put Down

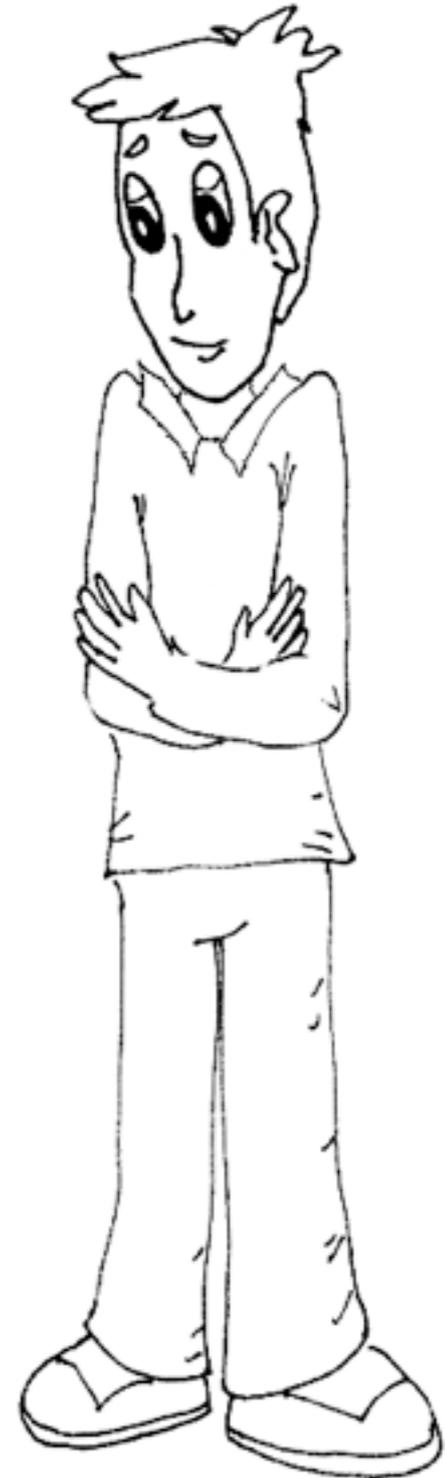
◆ “He or she deserved it”



# Not Helping

● Sometimes students see hurtful behavior ~ but do not help

- ◆ They may not know what to do that is safe and effective
- ◆ They may worry they could be embarrassed if they try to help



# Rationalizing Not Helping



- When students don't help they may think
  - ◆ "It was no big deal"
  - ◆ "The person deserved it"
  - ◆ "Someone else should have done something"

# Decide NOT To Be Hurtful

Why (school name) students  
avoid being hurtful

