



# DEFINING MASCULINITY SERIES

## Allies for Change

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**Purpose:** This session will focus on becoming an ally for positive change. These discussions are meant to be facilitated with teenage boys and young men, although anyone can use this guide to explore these topics together.

### What you'll need:

Pen and paper

Laptop/Internet access

Notecards/Sticky Notes

# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

# GUIDED DISCUSSION ON BECOMING ALLIES FOR CHANGE

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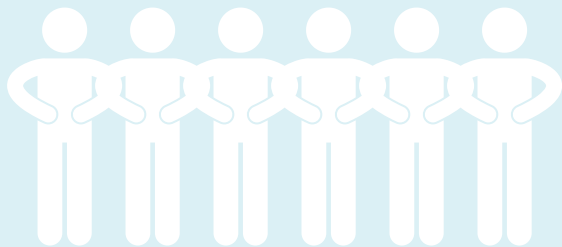
## Check In

For the final conversation, ease into the conversation with a check-in. Talk about this series as a whole. What has it been like for you to participate in this series? What has challenged you? What has surprised you the most? What has been most helpful?

## What does it mean to be an ally?

*An Ally is someone who has made a personal commitment to fighting oppression, prejudice, or social injustices such as dating violence, domestic violence, or sexual assault.*

Watch & Discuss "Man Enough" video  
<https://bit.ly/3dfDCgC>



### *Questions to consider:*

*What did you take away from the video about being an ally?*

*What gets in our way when it comes to intervening in situations that we know are wrong?*

# How can you become an ally within your own sphere of influence?

We each have a role to play in the prevention of oppression, prejudice, or social injustice. Our role is being willing to educate oneself about different identities and experiences, challenging one's own discomfort and prejudices, and being an active bystander. All while learning and practicing the skills of being an ally and taking-action to create interpersonal, societal, and institutional change.

## Activity

Give participants a stack of note cards or sticky notes and ask them how they can personally be an ally in their own relationships? (friends, family, partner, etc.)

*Ex.: Speak up when a friend is whistling at someone, have authentic conversations about these topics with others, call out a family member that is being disrespectful to someone.*

Give participants a stack of note cards or sticky notes and ask them how they can personally be an ally in their community? (at parties, in school, at work, etc.)

*Ex.: awareness events, advocating to update sexual harrassment policies, be a positive influence within your peer group to promote healthy relationships, etc.*

## Practice your ally skills.

For each of the following scenarios, choose any three response cards from your piles to address the issue. Ask yourself: What would I do in this situation? Would your response differ depending on the person? Would it matter if you were alone or in a group of people? Why or why not?

*You are in a group chat with your friends and one of them makes an inappropriate sexual joke. You're good friends with each other. What would you do?*

*You see a couple fighting in the park. It seems to be escalating to where it might get physical. You're with a group of friends and everyone seems uncomfortable with the situation. What would you do?*

*You notice that your school's girls basketball team hasn't gotten new uniforms in a long time, but the boy's basketball team gets new uniforms every year. What do you do?*

Being an ally is a daily commitment. It's not a title that we can claim one day and have it. It is something that is earned each and every day. Being able to share your experiences with friends helps with accountability and provides space for processing challenging situations.

For more information on healthy masculinity, e-mail us at [prevention@ResilienceMI.org](mailto:prevention@ResilienceMI.org)

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