

# Boys as Allies

## Student Tip Sheet



### WHAT MAKES AN ALLY?

It's not always easy for girls to speak up about these issues, they can be dismissed/not heard, etc.

- Do not invalidate someone's experience, because you don't understand
  - be open to listening

### BOUNDARIES

- ONLY YES means YES
- NO means NO - but some may have trouble saying no - how do you act when you're uncomfortable?

### HOW BOYS CAN SUPPORT GIRLS

- Question the media you see
  - Be aware of biases and choose to uplift others
- Find your role models
  - Men and Women are valuable and both uplift the world and each other
- Think about privileges you have that others may not
  - Try thinking/seeing from others' point of view
- Recognize + respect boundaries & personal space
  - Help others feel safe and comfortable like you would for yourself

### INTENT VS IMPACT

- Think about the language that you use when talking to others
  - What are you really saying?
- Be the Ally you'd want your Mom/Sister/Daughter to have

### PRIVILEGE



Privilege doesn't mean your life isn't hard, it means you are protected from experiencing certain hardships that others may not be protected from.

**Note: Uplifting others begins with uplifting yourself!**

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(905) 967 - 0604

[office@youthspeak.ca](mailto:office@youthspeak.ca)



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