

Get a Grip on Bullying

In a tennis game, “love” means zero. But in life, love means valuing others and treating them with great care and affection. If you were getting bullied, what would you want your friends to do? You might like to have an ally on your team—someone who speaks up and tries to help.

You can stand up for fair play by being an ally to others, too. Kids who are new to your school, team, or neighborhood may get bullied or excluded. Try reaching out to them. Get to know kids from different cultures or religions. When kindness rules, it’s more fun for everyone. The ball’s in *your* court!

Use the letter pairs on the tennis balls to complete tips about being an ally. Each pair can only be used once.

- 1 Don't spread **RU** _____, and ask others not to.
- 2 Look the bullying kid in the eye and tell them to _____.
- 3 Invite kids who are new or seem left out to _____ you and your friends.
- 4 Offer to go with kids who are bullied to _____ to a trusted adult.
- 5 Support kids who are bullied by _____ if they're okay and letting them know they're not alone.
- 6 Give kids a _____ space to talk about how they feel.
- 7 Speak up when you see hurtful things _____ or in text messages.
- 8 Let other people know you won't support them if they're being _____.
- 9 Ask friends to _____ by speaking up against bullying.
- 10 Find out if you can _____ a club to help build unity at school.

