

# Name It, Claim It, Stop It

## Here's a Way to Act as an Ally to Yourself and Others

Here's a tool to respond to harassing comments and other kinds of bullying. It takes a little practice to Name it, Claim it, Stop it, but the results are definitely worth the work. Use this strategy whether you are the target or someone else is. Even if the bullying doesn't stop immediately, you know you've been heard: you don't like what's happening and want it to stop. Better yet, the person being bullied will know you were willing to stand up for him or her, and you'll feel better knowing that you made the leap from being a bystander to an ally. You moved from b2a!

One thing you should remember: don't step in if there's a threat to your personal safety. In those cases you should always keep yourself safe first. Sometimes the best way to be an ally is to notify an adult of the situation.

### Name it, Claim it, Stop it \*\*

Phase	Explanation	Sounds Like
1	<b>Name</b> the behavior that just occurred. This behavior can be words used, a gesture or a form of shunning.	"I just heard you say _____." "That's harassment when you say _____." It's a put down when you refuse to sit at the same table with _____."
2	<b>Claim</b> how that action makes you feel. You could also express how that action might make others feel.	"I don't like that." "That offends me because my friend (or family member) is _____." "That hurts us all because it makes school feel unsafe."
3	<b>Stop</b> the behavior from being repeated. Let the offender know what you want to happen.	"Don't do that." "It's not funny so just stop it." "I don't want to hear you say that again."

### Some more examples:

Name it: *I know you're spreading rumors about me.*

Claim it: *It's not cool and I don't like it.*

Stop it: *Don't say that stuff about me anymore.*

Name it: *Hey, you're touching me.*

Claim it: *I want you to stop, so...*

Stop it: *Back off, and keep your hands to yourself.*

Name it: *I heard you call him a fag.*

Claim it: *That is so rude. I have an uncle who's gay so it's not funny to me.*

Stop it: *Just stop it and leave him alone.*