

Seventh Grade, Session 3

Ally Handout

What are three characteristics of a good ally?

(Examples: opinionated but not judgmental, reliable, tells you things that are hard to hear, straightforward, direct, compassionate)

1.

2.

3.

Who is one person in your life who can be this ally for you?

(Can be a friend, someone your age.)

Who is one adult you will talk to if your problem is too big to handle on your own or with your allies who are the same age as you?

(Examples: coach, teacher, parent, grandparent, aunt, uncle, neighbor, family friend, leader in your faith community)