

Understanding Allyship

Year 5/6, English



What is allyship?

Allyship is when we use our actions and words to support people who are treated unfairly because of who they are.

It means standing beside people when they experience unfairness, listening to their experiences, speaking up when something isn't right, and helping to create a community where everyone feels safe, respected, and included.

Being an ally is about showing kindness, courage and respect, not just once, but every day.



Step 1: Recognising the situation

- Pay attention when someone is being treated unfairly or left out.
- This could be because of their skin colour, culture, background, or identity.
- If you see someone being bullied or excluded, notice it and understand that it's not okay.
- **Example:** You see a student being teased about where they come from. You recognise that they need support.



Step 2: Choose words that support inclusion

- Use kind and respectful words that make everyone feel welcome.
- Think before you speak – make sure your words don't hurt or exclude others.
- Positive words can make a big difference!
- **Example:** Instead of joining in with teasing, you could say, "Hey, let's include everyone in the game!"



Step 3: Take action

- Do something to help by taking action!
- You could stand beside the person and include them, speak up kindly, ask a teacher or adult for help and small actions can make a big change!
- **Example:** If you see someone being bullied, you could invite them to join your group or tell a teacher what's happening.

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Why does allyship matter?

- Allyship means standing up for others to help everyone feel safe and included.
- It helps stop unfair treatment and makes our school a kinder place.
- When we're allies, we show that everyone belongs and deserves respect.
- Even small actions like kind words or including someone, can make a big difference.



You can be an ally!

Allyship means standing up for others to help everyone feel safe and included. When we support people who are treated unfairly, we make our school a kinder and fairer place.

Being an ally shows that everyone belongs and deserves respect. Even small actions like kind words or including someone can make a big difference.

Can you make a difference to the description by recognising situations, choosing kind words, and taking action?

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