

Name It, Claim It, Stop It

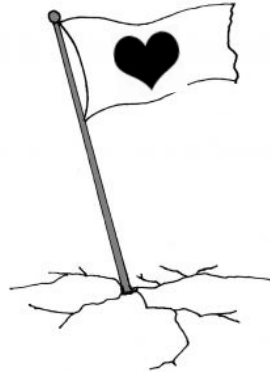
You can use this simple technique to let people know how you feel about words they've used.



Name it:

That is ...

mean.
not cool.
disrespectful.
demeaning.
just wrong.
inaccurate.
name calling.
harassment.



Claim it:

I am offended by it
(because . . .)

I'm not okay with
that (because . . .)

I don't like it
(because . . .)

We don't accept
that here at our
school.

It is hurtful to
people I know.

It makes me and/or
my friends feel
unsafe.

I don't like it.

Rumors/gossip are
hurtful to others.



Stop it:

Please don't say/do that
anymore.

I need you to stop.

Knock it off.

Cut it out.