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.