

Introduction

Introduction for pupils: Sometimes we say things to people without even thinking, but these things can be hurtful. Sometimes we are on the other end of this and have things said to us that can hurt our feelings and stay with us for a long time. In this activity we will think about the lasting impact of hurtful words and actions and think about how we can take steps to change this.

Introduction

Introduction for teachers: This activity is very valuable for helping your young people understand the impact that racism and the hurtful things we say to people can affect the people who receive it. It is asking your young people to tap into their own personal experiences as a means of building empathy and so may make them feel uncomfortable. It is important to provide a warning and support to your young people and allow them to choose not to take part if they wish. Although it is helpful and likely that your young people will feel some emotion during this activity, it is important to ensure that you end the session on a positive and hopeful note. This activity can be done as the opening and closing to a session.

Slide One

1/5

Hand out a blank sheet of A4 paper to each young person. Advise them that the activity is confidential and that if anybody doesn't feel comfortable then they do not have to take part. Ask them to make a list of all of the nasty names they have ever been called and then ask them to try and make a list of the emotions that best describe how they felt at the time of the name calling.

Ask the young people to screw the paper up into a very tight ball and then place it safely on the desk in front of them until later in the session.

Crumpled Paper

Have a think.....

Next >|

Can you make a list of some of the bad names you may have been called?

Try and make a list of the emotions that best describe how they felt at the time of the name calling.

When you are finished writing, screw up the paper into a ball and place in front of you.

Slide Two

2/5

As you draw towards the end of the session, ask the young people to try and unscrew their paper ball and smooth out the creases as much as they can.

Crumpled Paper

Smoothe out.....

Next >

Try and unscrew your paper ball and smooth out the creases as much as you can.

SHOW RACISM THE RED CARD

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Slide Three

3/5

Does the paper look different now? Can we ever get the creases out?

Can the piece of paper ever be returned to its original state?

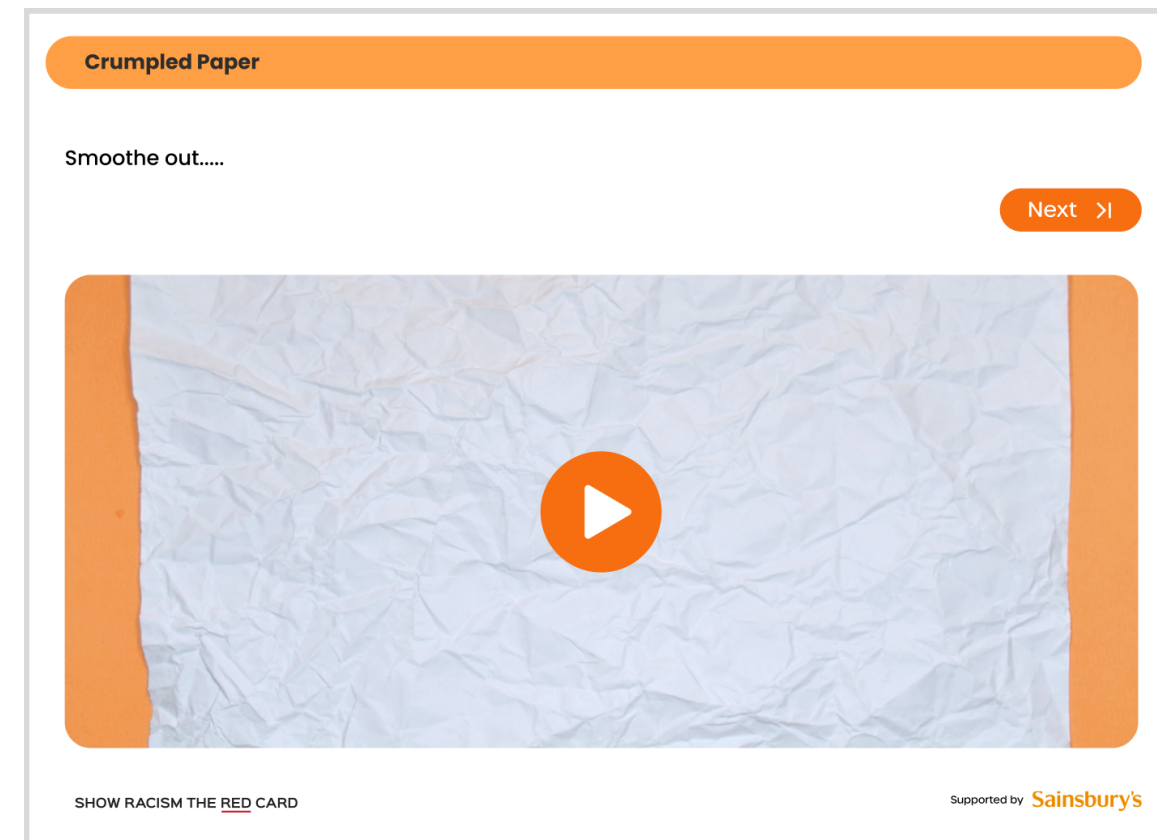
Did anybody forget about the paper ball being there?

Was anybody pre-occupied thinking about the purpose of it?

(Discuss that this piece of paper is symbolic of the effects that racism and name calling can have on a person; the memories can imprint on us and stay with us for a long time, in some cases they may never go away)

Can we ever get rid of those words on the page once they have been written?

Can we ever get back to a point where it was as if it never happened?



Slide Four

4/5

Show the phrase 'sticks and stones may break my bones but names will never hurt me' on the board.
Ask for a show of hands of who thinks this is true.

Crumpled Paper

Who thinks this is true?

Next >

*'sticks and stones may break my bones,
but names will never hurt me'*

Slide Five

5/5

Make sure that you end this activity by discussing the positive action the young people can take to overcome bullying and name calling. It is very important not to leave the impression that you can never recover from name calling or racism or that you should feel lots of guilt about times in the past when you have called someone names. The focus of the discussion should be about raising awareness that words can be very hurtful and that we should always be mindful of the language we choose. Even if we are really angry and frustrated it is never ok to call people names or abuse people and when we do it is important to apologise afterwards.

Crumpled Paper

Who thinks this is true?

Next >

Racism can take many different forms and we can all be hurt physically and emotionally.

If we call someone a name today it may still be affecting that person in years to come. So it is essential that we treat people the way they would like to be treated.

SHOW RACISM THE RED CARD

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