

THINGS TO REMEMBER WHEN YOU



Name It



Naming It, is about standing up for yourself in a SMART way

BREAK THE SILENCE

1. Tell the person to stop it, what they are doing and how you feel!

‘Stop it, I don’t like it when you call me a dork, it hurts my feelings and it makes me feel sad.’

Use ‘I statements’ like ‘I don’t like what you’re doing’.

GET SUPPORT - STAY CALM

2. If the person does it again, tell them to stop it and tell them that you are going to ‘NAME IT’ to a teacher or another adult.

DON’T GIVE UP - STAY CALM

3. ‘NAME IT’ to the teacher or adult

Let them know that it’s important and tell them what you have already tried.

DON’T GIVE UP - KEEP NAMING IT

If you are not listened to, find a trusted adult who will LISTEN to you.

If you are scared get an adult to support you and ‘NAME IT’ again.

Everyone is responsible for naming it.

Using violence will not stop violence.

Keep NAMING IT until it stops!