Name Calling
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**Identify Problem:** Often kids lose their temper due to bullying. One of the more common forms of bullying is “name calling”. If youth are able to learn how to react to name calling properly then they are less likely to be bullied.

**Exercise:** Have each member of the group complete the “Name Calling” activity sheet and discuss afterward. Come up with alternatives to getting back at those that are bullying. Make sure the group members feel comfortable and confident that what new actions they come up with can and will work in the appropriate way. Make sure they feel supported in their ideas. Leave time to let youth discuss answers.

**Identify Skills:** Alternatives to retaliation.
It doesn’t always pay to play get back games.
Learn the meaning of being in control.
Keeping control of certain situations.
Name Calling Activity

Billy Ray is in the mall when a group of kids from school walk past him and call out: “Geek! Nerd! Take a hike, wimp!” It’s not the first time that this happened to him. They do this in the school cafeteria, on the bus and in the halls.

Do you think this makes Billy Ray angry? ___________________________________

Would it make you angry? ________________________________________________

It’s normal to be angry when someone calls you a name. Nobody likes to be called names. It’s embarrassing and it hurts your feelings.

What do most people do when someone calls them a name? _______________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Most people would be so mad, that their first reaction would be to return the name calling.

If this were you, what names would you call these kids? ________________________
________________________________________________________________________

If you called these kids names, would the name calling stop? ____________________

People call other people names to make them angry. They want them to lose control of their tempers. When you lose control, you are doing what they want you to do. They are in control of you.

What could you do to keep others from controlling you? ________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________