



DON'T CALL ME NAMES

TEACHER'S GUIDE



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DON'T CALL ME NAMES

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DON'T CALL ME NAMES

Introduction

You're stupid! You're a baby! As we all know, name-calling is one of many inappropriate ways that children express themselves when they're feeling angry or frustrated. To the child on the receiving end of name-calling it can be a painful experience. This program focuses on the reasons for name-calling and how it affects others. Viewers also learn how to be more assertive so they can stop others from calling them names. Children who don't have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes. Get-Along-Monsters is an entertaining and engaging children's DVD series designed to teach children, grades K-4 important skills necessary for successful social interaction and emotional management. Each episode combines humorous, animated segments and age-appropriate, live-action scenarios to demonstrate easy-to-understand skills.

Learning Objectives

This program is designed to help students learn:

- Name calling hurts.
- Hitting doesn't solve a problem. It makes things worse.
- Using your words can help solve a problem.
- Conflicts can be resolved without fighting.
- Ignoring teasers can work to stop bullying.



DON'T CALL ME NAMES

Program Summary

NAME CALLING HURTS

During school, Susan calls Kelsey hurtful names. Finally, Kelsey gets back at Susan by calling her names and eventually a physical fight.

USE YOUR WORDS

Tony's friends make up a nickname for him. Even though his friends don't do it to be mean, Tony doesn't like it and it makes him angry. Finally, Tony tells his friends how he feels and asks them to stop. Tony resolves the problem without a fight.

PRETEND NOT TO CARE

Because she's such a good student, Ellen's nickname in school is Einstein. She doesn't like it and asks the kids to stop. When they don't, Ellen tries to ignore them and pretends not to care, and eventually they stop.

SPEAK UP FOR A FRIEND

While at a sleep over, Adam just won't stop calling Elliot names. Soon the sleep over isn't fun for Billy anymore. He is concerned Elliot's feelings are being hurt. Billy tells Adam to stop calling Elliot names. He learned sticking up for a friend can stop name-calling.



Send-Home Letter

Dear Family Member:

Your child has seen a program called, “Don’t Call Me Names.” Designed as a prevention program, its aim is to explain reasons for name-calling and how it affects others. Viewers also learn how to be more assertive so they can stop others from calling them names. Children who don’t have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes.

Through the fictionalized stories of four young children, this program is designed to help students understand:

- Name calling hurts.
- Hitting doesn’t solve a problem. It makes things worse.
- Using your words can help solve a problem.
- Conflicts can be resolved without fighting.
- Ignoring teasers can work to stop bullying.

Talk with your child about what he or she learned from the program. Discuss if they have been called a name or seen anyone being teased. Ask your children what they would do if they were being called a name. Talk about ways to deal with name calling that aligns with your family’s values.



Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in young students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: No putdowns, ridicule or sarcasm. Everyone may speak without interruption. Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussions can be very rich.



Questions for Discussion

1. How do you think Kelsey felt when she was being called names? Was getting into a fight with Susan a good way to solve the problem?
2. In the story about Tony Bologna, do you think Andrew was trying to be mean? How do you know if a joke is hurting someone's feelings?
3. Did Tony do the right thing by telling Andrew to stop?
4. Ellen ignored the girls that were making fun of her. What do you need to do to ignore teasing?
5. If a friend is being called a name, what can you do? Do you think Billy was a good friend?
6. What are some qualities of a good friend? If someone is calling you names, are they a good friend?



DON'T CALL ME NAMES

Handout #1

Read the sentences below. If you agree, color the thumbs up sign. If you disagree, color the thumbs down sign.

1. If someone is calling you a name, you should try and ignore them.



2. If someone says you're blue and ugly too, you should say you stink and are turning pink.



3. It is okay to tell a friend you don't like the names they are calling you.



4. If a friend doesn't stop calling you names, you should tell a teacher or parent.



5. It is okay to hit when another kid calls you a name.



6. You should try and help a friend who is being picked on.





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Handout #2

Read each sentence. Draw a picture or write a sentence to tell what you would do in the situation.

Tommy is calling you stinky fish because you had tuna fish for lunch.

Becca is starting to cry because Pam won't stop calling her a name.

Your best friend is calling you Trippy because you tripped getting off the bus.



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Handout #3

Calling someone a name can hurt his or her feelings. Draw a face that matches the emotion written below.

Happy

Sad

Angry

Hurt

Embarrassed



DON'T CALL ME NAMES

Handout #4

Journal Entry

Draw a picture and write a sentence about a time you were called a name.
How did it make you feel?



DON'T CALL ME NAMES

Script: **DON'T CALL ME NAMES**

HOST (OC): Has anyone ever called you a name you didn't like? What did you do about it? Did you ever call someone a name they didn't like? How do you think it made them feel? In this program we're going to talk about name-calling. We'll show you how it makes people feel, and how to tell someone to stop calling you names, so the next time it'll be easier to tell someone – don't call me names.

NAME-CALLING HURTS

CARTOON: Stupid head, stupid head, stupid head. Hahahaha.

HOST (OC) How does it feel to be called names? Let's find out.

HOST (VO): One day in school, Kelsey was getting a toy out of her backpack to take to recess. When she reached inside she pulled it out, but it had broken somehow. Kelsey got really upset.

KELSEY: Oh no – it's broken.

HOST (VO): What made things worse is what Susan said to her.

SUSAN: It's just a stupid toy. What are you – a baby? Are you going to cry?

HOST (VO): Later that day, Kelsey was walking into the classroom when she tripped and all of her books dropped onto the floor. Kelsey felt embarrassed, but she felt even worse after Susan said:

SUSAN: You're such a klutz!

HOST (VO): Towards the end of school they were celebrating a classmate's birthday with cupcakes.



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- GIRL 1: These are so good.
- SUSAN: And they smell good too. [PUSHES CAKE INTO KELSEY'S FACE].
- HOST (VO): That was it. Susan had made Kelsey feel hurt, embarrassed, and now angry. And what made it worse were the names that Susan called her.
- SUSAN: Loser. Jerk. Stupid Head. Dummy.
- HOST (VO): Kelsey and Susan kept calling each other names and pushing each other, all because of name-calling.
- HOST (OC): Calling people names can make them feel hurt, embarrassed, and angry.

USE YOUR WORDS

- CARTOON: You're blue – ugly too. You're blue – ugly too.
- HOST (VO): Did you ever wonder why people call names?
- HOST (OC): Well, some people call names to be hurtful and mean. But there are other reasons too. That's what Tony found out.
- HOST (VO): One day, Tony was at [ANDREW]'s house playing. Around lunchtime [ANDREW] asked Tony if he wanted to make a sandwich. Tony said yes, so they went to the kitchen.
- TONY: So, what do you have to eat?
- ANDREW: We have turkey, ham, and bologna.
- TONY: Well, I like bologna.
- ANDREW: Okay; Tony wants bologna. Hey, that's funny. Tony Bologna.



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HOST (OC): [ANDREW] wasn't trying to be hurtful calling his friend Tony Bologna, but Tony didn't like the name. But he didn't say anything.

HOST (VO): Tony was going to meet Andrew and his other friend Joey outside Joey's house.

JOEY: Hey Tony.

TONY: Hey; you guys ready to play football?

JOEY: Sure.

ANDREW: Whatever you want to do Tony Bologna.

JOEY: Tony Bologna?

ANDREW: Yeah, that's his new name. Tony Bologna.

HOST (VO): Tony was getting angrier. He really didn't like his new name, but what could he do?

HOST (OC): What can you do to make someone stop calling you a name you don't like? Well, you can use your words and tell the person how you feel. Let's see how that can work.

ANDREW: It's back to pass. Tony Bologna throws it and – touchdown!

JOEY: Whew! Touchdown!

TONY: Hey, Andrew, I don't like it when you call me Tony Bologna.

ANDREW: How come? It's funny.

TONY: Not to me. I want you to stop.

ANDREW: Okay. I wasn't doing it to be mean or anything.

TONY: I know. I just don't like it.



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ANDREW: Alright, no problem.

TONY: Thanks.

HOST (VO): That worked out well. Tony told [ANDREW] how he felt about being called that name, and he asked him to stop. Tony learned that you can stop someone from calling you names by using your words. You can too.

PRETEND NOT TO CARE

CARTOON: You're pink, you stink. You're pink, you stink.

HOST (OC): Okay, so we've learned that one way to stop someone from calling names is to use your words – tell them how you feel and tell them to stop. But what if that doesn't work? What can you do then? That's something Ellen learned.

HOST (VO): You see, Ellen was really good at science. She always knew the answers and got perfect scores on all the quizzes and tests. The kids came up with a name for Ellen – Ellen Einstein.

HOST (VO): One day at the Homework Club after school, Ellen was working on her homework when Jan and Rachel from her class asked her for help.

GIRL 1: Hey Ellen, I have a question about our science homework.

ELLEN: Sure.

GIRL 1: Since you're Ellen Einstein, I know you have the answers.

ELLEN: I'll help you but just don't call me Ellen Einstein.

GIRL 2: How come? You're so smart.

GIRL 3: You are Ellen Einstein.

GIRL 1: What's the big deal – it's just a fun nickname.



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ELLEN: I just don't like it.

GIRL 1: Okay.

HOST (VO): Jan asked the question, but even though Ellen knew the answer, she said she didn't know.

ELLEN: I really don't know the answer. See? I'm not Einstein.

JAN: Sure you are – you're Ellen Einstein.

GIRL 2: See you later Einstein.

GIRL 3: Yeah, later Einstein.

ELLEN: I asked you not to call me that.

JAN: We can't help it, that's who you are.

HOST (VO): But that didn't work. The kids still called her Einstein. Ellen told them how she feels but they won't stop. What else can Ellen do?

HOST (OC): Well, she can pretend like it doesn't bother her. Make believe she doesn't hear it. Hopefully, after a while, it won't be fun to call her names anymore. Let's see how that can work.

HOST (VO): Ellen pretended not to hear it. Ellen never responded when kids called her Einstein. After a while the kids didn't call her that anymore. She pretended she didn't hear them and ignored them. It wasn't fun for them – they got tired of calling her Einstein. That worked for Ellen.

SPEAK UP FOR A FRIEND

HOST (OC): So we've learned that using your words and ignoring the person is a great way to stop people from calling names. But suppose you see someone calling someone else names? What can you do then? What should you do?



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CARTOON: You've got stripes, you've got stripes. Ooooooh. Hey!

HOST (OC): What should you do? That's something Billy had to learn.

HOST (VO): One night Elliot, Adam and Billy were having a sleepover at Elliot's house.

ELLIOT: So, what do you guys want to do now?

ADAM: We could tell ghost stories – I know some really good ones.

ELLIOT: I don't like ghost stories.

ADAM: Why? Are you scared? You can be such a baby sometimes.

ELLIOT: I'm not a baby – I just don't like ghost stories.

ADAM: Ghost stories are way better with the lights off.

ELLIOT: Don't turn off the lights!

ADAM: Are you scared of the dark too? You're a real baby. You're scared of everything.

HOST (VO): While Adam was calling Elliot a baby and turning off the lights, Billy was just sitting there. The sleepover wasn't fun anymore – he didn't like what Adam was doing. So what could he do? He could speak up and stand up for his friend.

BILLY: Okay, Adam – stop. It's not funny any more, you're being mean.

ADAM: I was just playing around.

BILLY: Yeah well it's not funny for Elliot any more, so stop all the name calling and teasing.



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ADAM: Sorry. But what are we going to do now?

BILLY: Let's watch a movie – with the lights on.

HOST (VO): When you see a friend being teased and the teaser won't stop, you have to help your friend and speak up.

HOST (OC): Tell the teaser to stop calling names.

WRAP UP

HOST (VO): So when it comes to calling names, we learned that some people call names to be mean, and others think they're being funny. But either way, if you don't like it, you can use your words – tell the person how you feel and tell them to stop.

HOST (VO): Another way to make them stop is to ignore the person. Pretty soon they'll get bored and stop.

HOST (VO): And if you see another person being called names, especially a friend, help your friend out and speak up. Tell the person to stop.

HOST (OC): And remember – if they don't stop calling names, you can always ask a grown-up you trust to help you. Now you know how to say – don't call me names.

END