Shirts of Empowerment

Activity 4: *Suggested by Christina Bischoff from the University of Arizona in Arizona*

Grade Level: 7 - 12

Objectives:

- Students will gain an understanding of name-calling's magnitude and impact on students
- Students will develop empathy for those being name-called

Materials: Shirts, (may be torn, stained or in any condition) markers, paint, tape.

Activity: Invite students to decorate the shirts with a name that they have been called, or have heard other students being called. Students may choose words such as "nerd," "geek," "gay," "stupid," "retard" and other offensive names. Ask them to be conscious of the effects these words may have on other students.

** Be sure to support students and make sure they are using these words to express their dislike for being called names, and not to further bully other students.*

Once the shirts have been decorated, students can wear them for the day or you can display them in a public setting such as the school library or cafeteria. Let students know that although you may not see it normally on students, others may make them wear these labels daily when they are name-called or bullied.

Note: If you are using new shirts, students may tape signs on their shirts so they may be reused or donated to a local charity after NNCW.

Suggested Follow-Up: After students have worn or displayed the shirts, lead them in a discussion using the following questions:

- What did you learn about name-calling and bullying from this activity?
- How did it feel to wear the shirts?
- Do you think it's easy for students to get rid of labels after they have been name-called?