Self-reflection: Name-calling

Name-calling is calling someone a mean name or using words that hurt.

Have you ever been a victim of name-calling? _____ Describe what happened:

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_____

How did it make you feel? _____

_____

How did you try to deal with it? _____

_____

_____

_____

Is there anything you would do differently now? _____

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_____

Have you ever made someone else a victim of name-calling? _____

How did that make you feel? _____

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Why do you think you did it (be honest with yourself)? _____

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