

**Managing My Language**

**Name:**

**Year:**

**Class:**

**Starting Date:**

**Week 1: About Me**

|  |  |
| --- | --- |
| **Full Name:** |  |
| **Nicknames:** |  |
| **Date of Birth:** |  |
| **Country of Birth:** |  |
| **Age:** |  |
| **Height:** |  |
| **Shoe Size:** |  |
| **Hair Colour:** |  |
| **Eye Colour:** |  |
| **Town:** |  |

**Family Tree:**

Draw your family tree

**Getting to Know Me**

This is what I’m like at school:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Often** | **Sometimes** | **Never** |
| I am shy |  |  |  |
| I get angry quickly |  |  |  |
| I swear a lot out of anger |  |  |  |
| I swear a lot in general |  |  |  |
| I am friendly with others |  |  |  |
| People don’t understand me |  |  |  |
| I get bored |  |  |  |
| I worry about the future |  |  |  |
| I mess around |  |  |  |
| I trust people |  |  |  |
| Other people trust me |  |  |  |
| I get the blame for what others have done |  |  |  |
| I am lonely |  |  |  |
| I enjoy having responsibility |  |  |  |
| I like how I look |  |  |  |
| I do things without thinking about the consequences |  |  |  |
| I am rude to other people |  |  |  |
| I feel guilty about things I do |  |  |  |
| I feel like I am targeted |  |  |  |

**Getting to Know Me**

This is what I’m like at home:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Often** | **Sometimes** | **Never** |
| I am shy |  |  |  |
| I get angry quickly |  |  |  |
| I swear a lot out of anger |  |  |  |
| I swear a lot in general |  |  |  |
| I am friendly with others |  |  |  |
| People don’t understand me |  |  |  |
| I get bored |  |  |  |
| I worry about the future |  |  |  |
| I mess around |  |  |  |
| I trust people |  |  |  |
| Other people trust me |  |  |  |
| I get the blame for what others have done |  |  |  |
| I am lonely |  |  |  |
| I enjoy having responsibility |  |  |  |
| I like how I look |  |  |  |
| I do things without thinking about the consequences |  |  |  |
| I am rude to other people |  |  |  |
| I feel guilty about things I do |  |  |  |
| I feel like I am targeted |  |  |  |

**Targets**

Set yourself targets to manage your language. How can we help?

We will review your weekly target at the beginning of each session.

We will review your long term target at the end of each session.

|  |  |  |
| --- | --- | --- |
|  | **School** | **Home** |
| **Week 1 Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |
| **Long Term Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |

**Week 2: What is inappropriate language to you?**

**Review of Targets**

|  |  |  |
| --- | --- | --- |
| **Week 1 Target** **(School):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |  |
| --- | --- | --- |
| **Week 1 Target (Home):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |
| --- | --- |
| **Long Term Target:** | **What did I do this week to reach my target?****What do I need to work on?** |

**Questionnaire**

|  |  |
| --- | --- |
| Why do you think you are doing this intervention? |  |
| What age did you start using inappropriate language? |  |
| Why do you use inappropriate language? |  |
| When are you most likely to use inappropriate language? |  |
| Do you know other people who use inappropriate language often? |  |
| Why do you think other people use inappropriate language? |  |
| When you get angry do you know that you use these words? |  |

**Swear words and their meanings**

List all the swear words you know and find out what they mean. From this list, highlight the words you use the most.

|  |  |
| --- | --- |
| **Swear Words** | **Definition** |
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|  |  |
|  |  |

**From this list, put them in order from the most offensive to the least offensive – Scale from 1 to 10**

|  |  |
| --- | --- |
| **Scale of Offense** | **Swear word** |
| 1 (Least Offensive) |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  |
| 8 |  |
| 9 |  |
| 1. (Most Offensive)
 |  |

**Discuss how you think these words make yourself and other people feel?**

**Feelings**

**Prejudice**

Define Prejudice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What forms of prejudice are there?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you know anyone who is prejudice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you ever used prejudice language?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you ever been a target of prejudice language?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you know anyone who can suffer from this prejudice?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Targets**

Set yourself targets to manage your language. How can we help?

We will review your weekly target at the beginning of each session.

We will review your long term target at the end of each session.

|  |  |  |
| --- | --- | --- |
|  | **School** | **Home** |
| **Week 2 Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |
| **Long Term Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |

**Week 3: Different types of inappropriate language (Part 1)**

**Review of Targets**

|  |  |  |
| --- | --- | --- |
| **Week 2 Target** **(School):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |  |
| --- | --- | --- |
| **Week 2 Target (Home):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |
| --- | --- |
| **Long Term Target:** | **What did I do this week to reach my target?****What do I need to work on?** |

**UK Laws that fight prejudices**

**Sexism:**

Do you know anyone who may suffer from this type of prejudice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Can you give an example of how you can be prejudice to someone based on their gender?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What laws protect people who deal with sexism?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the punishment?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you think this punishment is good or bad?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Racism:**

Do you know anyone who may suffer from this type of prejudice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Can you give an example of how you can be prejudice to someone based on their race?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What laws protect people who deal with racism?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the punishment?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you think this punishment is good or bad?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Targets**

Set yourself targets to manage your language. How can we help?

We will review your weekly target at the beginning of each session.

We will review your long term target at the end of each session.

|  |  |  |
| --- | --- | --- |
|  | **School** | **Home** |
| **Week 3 Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |
| **Long Term Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |

**Week 4: Different types of inappropriate language (Part 2)**

**Review of Targets**

|  |  |  |
| --- | --- | --- |
| **Week 3 Target** **(School):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |  |
| --- | --- | --- |
| **Week 3 Target (Home):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |
| --- | --- |
| **Long Term Target:** | **What did I do this week to reach my target?****What do I need to work on?** |

**Ageism:**

Do you know anyone who may suffer from this type of prejudice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Can you give an example of how you can be prejudice to someone based on their age?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What laws protect people who deal with ageism?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the punishment?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you think this punishment is good or bad?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homophobia:**

Do you know anyone who may suffer from this type of prejudice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Can you give an example of how you can be prejudice to someone based on their age?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What laws protect people who deal with ageism?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the punishment?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you think this punishment is good or bad?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Disabilities:**

Do you know anyone who may suffer from this type of prejudice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Can you give an example of how you can be prejudice to someone based on their disability?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What laws protect people who deal with disability?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the punishment?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you think this punishment is good or bad?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Targets**

Set yourself targets to manage your language. How can we help?

We will review your weekly target at the beginning of each session.

We will review your long term target at the end of each session.

|  |  |  |
| --- | --- | --- |
|  | **School** | **Home** |
| **Week 4 Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |
| **Long Term Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |

**Week 5: Strategies of coping with inappropriate language**

**Review of Targets**

|  |  |  |
| --- | --- | --- |
| **Week 4 Target** **(School):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |  |
| --- | --- | --- |
| **Week 4 Target (Home):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |
| --- | --- |
| **Long Term Target:** | **What did I do this week to reach my target?****What do I need to work on?** |

**Understanding the effects of your language**

Think about the last time you used inappropriate language.

**What did the other person feel?**

**The situation:**

**How it was dealt with?**

**What can you do next time to make it better?**

**What did I feel?**

**Understanding the effects of inappropriate language used against you**

Think about the last time inappropriate language was used against you.

**How it was dealt with?**

**What can you do next time to make it better?**

**What did I feel?**

**What did the other person feel?**

**The situation:**

**How can I avoid using inappropriate language?**

Colour in strategies that you will try over the next week. We will use this for your weekly target.

|  |  |  |
| --- | --- | --- |
| Talk yourself into feeling calm | Breathe deeply and slowly | Walk away |
| Use different words e.g. Fudge, Sugar | Relax clenched muscles or fist | Report it to the police |
| Say nothing | Stay still | Listen to music |
| Make an excuse for the other person | Try to slow your heart beat | Go to a safe place. E.g.: Mentor’s office, bedroom etc. |
| Ignore it, think about something else | Stretch your body | Make a joke of it |
| If you don’t swear for an hour, you can get 5 minutes’ take up time | Find someone to talk to talk to | Stop and think how to avoid the situation |
| Count backwards from 20 | Go to boxing room | Do something different, distract yourself |

**Targets**

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|  |  |  |
| --- | --- | --- |
|  | **School** | **Home** |
| **Week 5 Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |
| **Long Term Target** | **I will…****How will I do this?** | **I will…****How will I do this?** |

**Week 6: Review**

**Review of Targets**

|  |  |  |
| --- | --- | --- |
| **Week 5 Target** **(School):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |  |
| --- | --- | --- |
| **Week 5 Target (Home):** | **Target Met?** | **Comment:** |
|  | Target Fully Met |
|  | Target Partially Met |
|  | Target Not Met |

|  |  |
| --- | --- |
| **Long Term Target:** | **What did I do this week to reach my target?****What do I need to work on?** |

**Review of the weeks**

**Week 1: About Me**

|  |  |
| --- | --- |
| What did you learn this session? |  |
| What was your target this week? |  |
| What did you to reach this target? |  |
| Is there anything more that you can do to reach this target? |  |
| Is there anything we can do to improve? |  |

**Week 2: What is inappropriate language to you?**

|  |  |
| --- | --- |
| What did you learn this session? |  |
| What was your target this week? |  |
| What did you to reach this target? |  |
| Is there anything more that you can do to reach this target? |  |
| Is there anything we can do to improve? |  |

**Week 3: Different types of inappropriate language (Part 1)**

|  |  |
| --- | --- |
| What did you learn this session? |  |
| What was your target this week? |  |
| What did you to reach this target? |  |
| Is there anything more that you can do to reach this target? |  |
| Is there anything we can do to improve? |  |

**Week 4: Different types of inappropriate language (Part 2)**

|  |  |
| --- | --- |
| What did you learn this session? |  |
| What was your target this week? |  |
| What did you to reach this target? |  |
| Is there anything more that you can do to reach this target? |  |
| Is there anything we can do to improve? |  |

**Week 5: Strategies of coping with inappropriate language**

|  |  |
| --- | --- |
| What did you learn this session? |  |
| What was your target this week? |  |
| What did you to reach this target? |  |
| Is there anything more that you can do to reach this target? |  |
| Is there anything we can do to improve? |  |

**My Long Term Target**

|  |  |
| --- | --- |
| What was your long-term target? |  |
| What did you learn to help reach this target? |  |
| What did you do to reach this target? |  |
| Is there anything more that you can do to reach this target? |  |

**WELL DONE FOR COMPLETING THIS INTERVENTION!**

Even though this intervention is over, this is just the beginning of your journey. We will always be here to support you so do not hesitate to come and ask for help!