**Ouch/Oops**

**Space requirement:** Anywhere

**Equipment:** None

**Group size:** Any

**Alternative:** This can also be added to the guidelines.

**Accessibility:** You may have to practice this at the beginning to ensure everyone understands it.

**Program goals:**

1. Participants will become aware of how what they say can affect other people.
2. Participants will become more comfortable with speaking up when someone says something hurtful.
3. Participants will become aware of person first language.

**Program description:**

**Preparation:** None

**Instructions:**

Explain to the participants that this activity is an ongoing activity just like the guidelines. When someone says something hurtful the person who is hurt says “ouch.” Then the person who said the statement says “oops.” This makes the participants aware of what they say to other people. An example of this would be using the word retarded. If I heard someone say this word I would say “ouch” and they would say “oops” since that word is hurtful. This can also help to reinforce the idea of person first language.