



EVERYONE HAS A BACKBONE. USE YOURS.

Sexist and homophobic words are violent, and they're everybody's problem.

When you hear words like these, don't just sit there. Call people out. Challenge sexist words. Demand respect for yourself and for others. Stand up. Use your backbone.

For more information contact us at
www.backbonezone.com
or call us at 207-626-0034

SAY SOMETHING

"That's not cool."

"What do you think that word means?"

"Did you really just say that?!"

"Show some respect."

"I don't like what you just said."

"Are you sure that's what you meant to say?"

"Was that joke supposed to be funny?"

"Words like that bring everybody down."

DO SOMETHING

Come up with something better to say.

Change the subject.

Get in on the conversation in a better way.

Demand respect for yourself and others.

Provide support to someone being harrassed.

Ask friends to think about their words.

Talk to an adult you trust.

Use humor to change minds.

Violent words are everybody's problem. Words can be weapons that create fear. Words have an impact – even when you don't see it – and violent words support violence, at school and in the world. Use your words and actions to help others feel safer.

EVERYBODY HAS A BACKBONE. USE YOURS TO MAKE A DIFFERENCE.



www.backbonezone.com | 207-626-0034