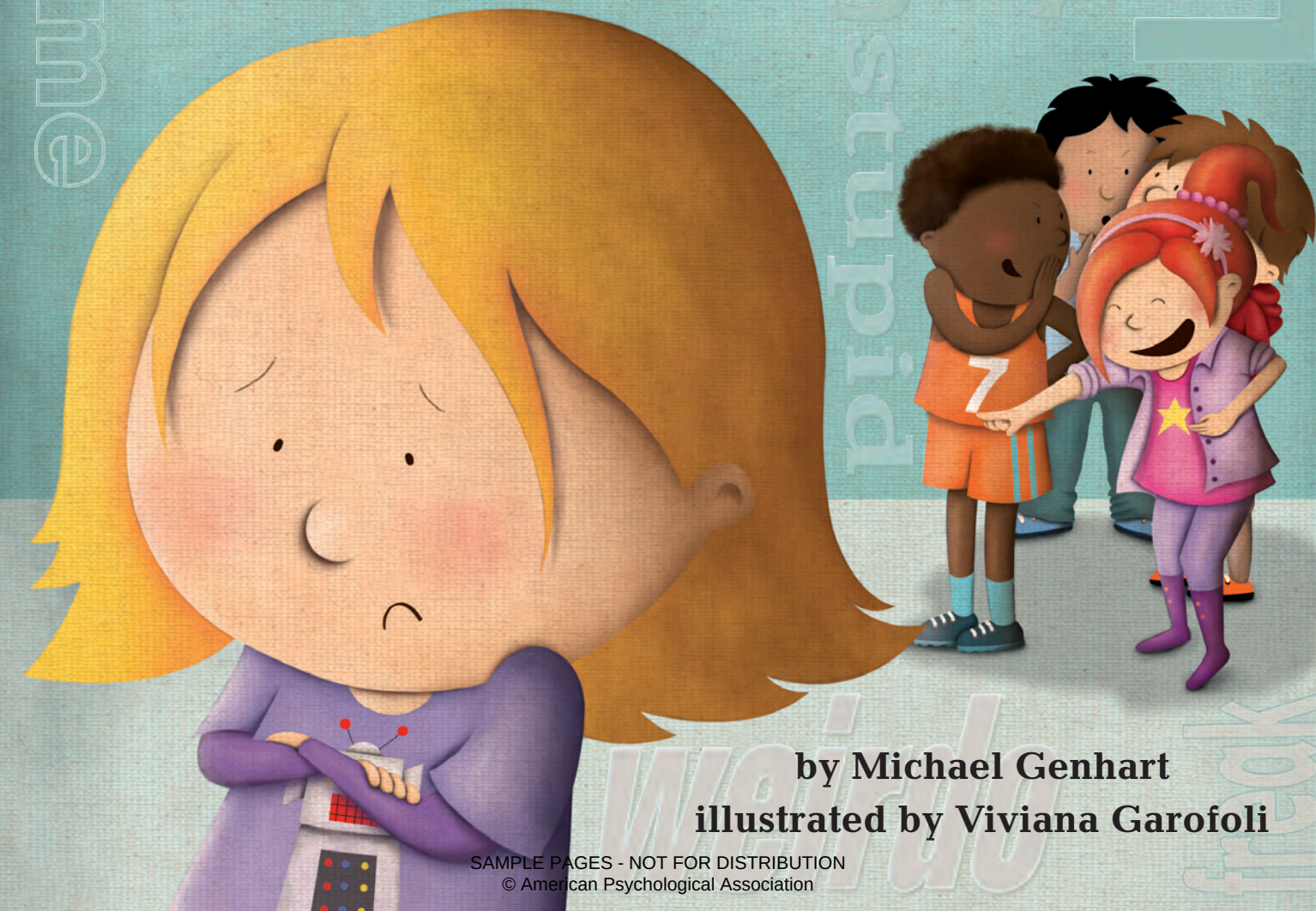
Ouch! moments

When Words Are Used in Hurtful Ways



by Michael Genhart
illustrated by Viviana Garofoli

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When a bee stings, Ouch! That hurts!

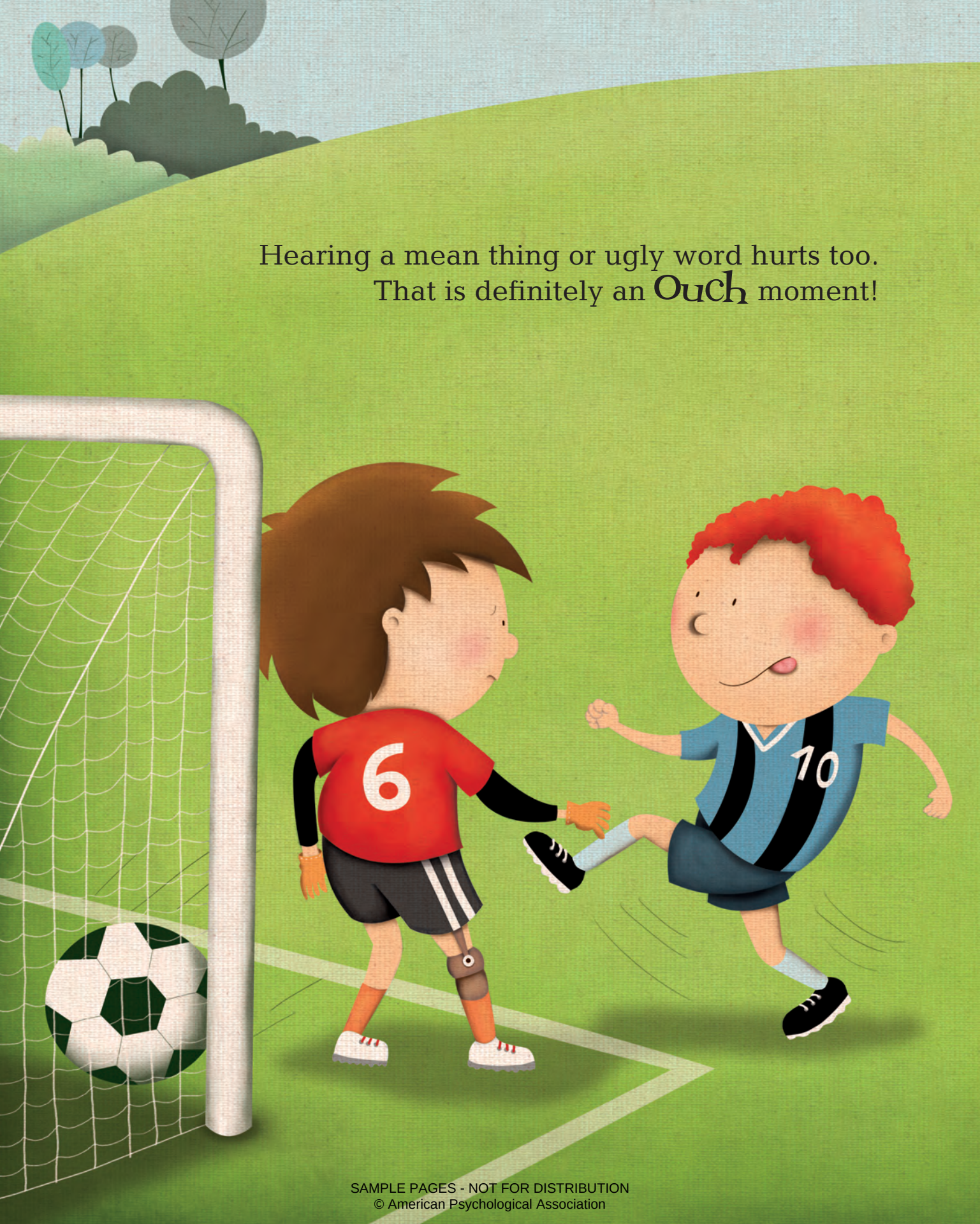
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Catching a finger in a closing door hurts a lot.

Ouch!



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Anybody can use ugly words, especially if they are trying to be funny.



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Ugly words can be said out loud for everyone to hear.
But ugly words can also be said in secret, in a whisper,
when no adult ears can hear.



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Sometimes kids will laugh when they hear mean things or even say these words themselves, even if they know it is wrong—just to fit in! This is definitely an Ouch moment.

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Sometimes kids use ugly words to have power over other kids and to make them feel small. Kids may say things over and over and really hurt another kid's feelings even though they may say, "I didn't mean it," or "Chill out...it doesn't mean anything."



But it does!

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Life Skills / Emotions
Ages 6–8

Ouch! moments

When a bee stings, Ouch! That hurts!

When your finger gets caught in a closing door, that hurts a lot.



Hearing a mean or hurtful word hurts a lot, too. When other kids say something mean or hurtful, it is hard to know what to do.

Ouch Moments: When Words Are Used in Hurtful Ways explains these "ouch moments" in kid-friendly terms, offers practical strategies for what kids can do to help, and empowers kids to stand up to mean and hurtful language.

A **Note to Parents and Caregivers** by Kevin L. Nadal, PhD, provides more information about microaggressions, and strategies for talking to children about hurtful language, discrimination, and bias.

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