

The Power of Language



Emotional Wellbeing Team in Schools
(EWTs)

A programme of Support for Post Primary Schools

1.

How you talk about mental health and mental illness in school is important.

2.

The language you use to describe yourself and other people can have a big impact on your emotional wellbeing or someone else's.

3.

It takes time and effort to make changes to your language; with practice it becomes easier.



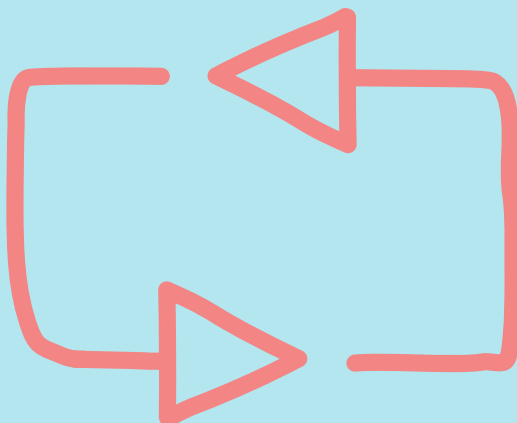
Simple swaps



I'm so depressed!

I am anxious!

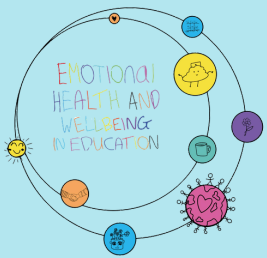
I am OCD!



**I feel unhappy today
because...**

**I feel
anxious/scared/nervous.**

I like to be organised.



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1. How you talk about people's differences in regard to health, learning and behaviour is important.

2. The language you use to describe yourself and other people can have a big impact on your emotional wellbeing or someone else's.

3. It takes time and effort to make changes to your language; with practice it becomes easier.

Simple swaps

Are you deaf?

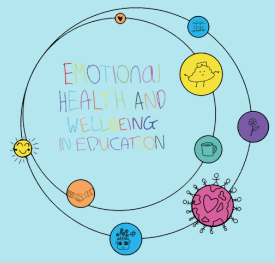
Normal person.

Disabled toilet.

Did you not hear me?

Non-disabled person.

Accessible toilet.



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1. How you talk about gender identity and sexual orientation in schools matters.

2. The language you use to describe yourself and others can have a big impact on your emotional wellbeing or someone else's.

3. Language used to describe LGBTQ+ communities changes over time and can differ across cultures and generations



Simple swaps



You're too young to know who you like!

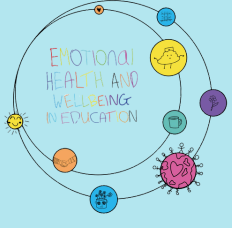
It's too hard to remember your pronouns.



It is important to be true to yourself, no matter your age.



It might take me a little time to adjust but I will keep working on it.



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1. How you talk about race and ethnicity in school is important.

2. The language you use to describe yourself and other people can have a big impact on your emotional wellbeing or someone else's.

3. Language is powerful; words can excite, divide, inspire and oppress. Inclusive language should be used to honour and celebrate people's identities

Simple swaps

Where are you actually from?

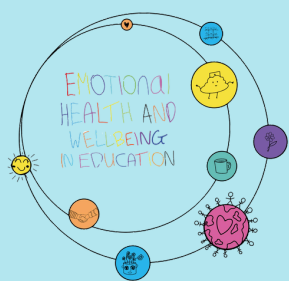
Is that your real hair?

Ew, what is that food you are eating?

What's your cultural background?

Your hair looks great, how do you style it?

I've never tried that before, what does it taste like?



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1.

The language we use to describe women and girls is important.

2.

Misogynist and sexist language effects everyone.

3.

Language is powerful, words can excite, divide and even incite violence.

Simple swaps

Boys will be boys!

She think she is always right!

Man up!



Behaviour is a choice, not a gender trait.

She often makes strong points.

You can handle this.