

the art of a hate-free insult

time - 15/30 minutes

Purpose

The exercise contributes to reflection on how one can express frustration without resorting to gender-based hate speech. This exercise is undoubtedly on the ethical borderline on how we can work with this issue responsibly. When choosing to include this exercise, it is because we want to attempt to meet the youth at eye level, with realistic expectation of how they can use activities like these in their everyday lives. We believe that sometimes we set the bar too high if our starting point is to encourage always speaking politely and maintaining an extremely positive tone. It is simply not realistic, neither for the youth nor for people in general. We find ourselves in situations where we get angry, upset, or frustrated.

Slandering others should certainly not be a top priority. At the same time, we would like to encourage an honest debate about how to express anger or frustration in a less hateful or harmful manner.

Activity description

It's fair enough to occasionally feel the urge to curse or express oneself strongly. But there's difference in how it's done. Some insults are more acceptable than others. For example, it's hate speech if one targets other people's characteristics such as gender, sexuality, ethnicity, religion, or disability.

Based on the given options, students are to come up with examples that do not shame based on gender or sexuality.

Attention!

The six sentences accompanying the exercise contain predefined words that the youth should use. Of course, the youth can also use their own words, to complete the sentences. This could make the sentences more relatable to expressions or slang they naturally use in their daily lives. It is important to be aware that allowing the youth to use their own expressions provides them with the opportunity to use more personal positive words, but at the same time, it also poses a risk that they may find even more hateful words and construct sentences with them.

reflections during and after the challenge:

- Why is it better to direct your anger towards someone based on **what** they do rather than who they **are**?
- There's always a risk of escalating the situation... even with a less hateful statement. How do you prevent the situation from escalating?
- What can you do to de-escalate? If the "hate-free insult" sparks a hateful and escalating response?

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1. Boy commenting on a girl's poor gaming skills.

OMG you keep messing up everything

you bitch/nob/bimbo/slut/becky/twat/scrub



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2. girl commenting on a boy sharing a video of women fighters and saying that women reallu shouldn't be a part of MMA

Hold on, let me check my MMA rulebook. That's weird, there isn't one that says **neanderthals/dicks/machomen/gorillas/boys/studs** only!



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3. Boy commenting on a girl's expressed viewpoint about a stereotypically male hobby/interest

Didn't realise my hobbies were causing such distress, but I guess Women/bitches/Karens/some/feminazis/girls/crones just easily get distressed/emotional/hysterical/traumatised/weepy/pissed off



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4. girl making a derogatory post about a boy being a creep/perv for liking all her photos

Either you really love my content, or you're training for the **creep/perv/INCEL/stalker, weirdo, douchebag, himbo** Olympics.



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5. girl responding to a woman/girl posting a controversial viewpoint, about gender.

*This **bitch/Karen/beauty queen/ignorant/barbie/halfwit** doesn't speak for all of us. I think she has too many tabs open in her head. Maybe she should close the ones that **are not about beauty tips/are about sugar dating/need more than 1 brain cell***



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6. Boy commenting on a boy's poor gaming skills

FFS you are about as good at this as

***women are at parking a car / pigs are at flying /
girls are at math / queers are at being straight***

you pussy / scrub / fag / twat / amateur

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sentences

Situation 1: Boy commenting on a girl's poor gaming skills.

*OMG you keep messing up everything you **(bitch/nob/bimbo/slut/becky/twat/scrub)***

Situation 2: Girl commenting on a boy sharing a video of women fighters and saying that women reallu shouldn't be a part of MMA.

*Hold on, let me check my MMA rulebook. That's weird, there isn't one that says **(neanderthals/dicks/machomen/gorillas/boys/studs)** only!*

Situation 3: Boy commenting on a girl's expressed viewpoint about a stereotypically make hobby/interest.

*Didn't realise my hobbies were causing such distress, but I guess **(Women/bitches/Karens/some/feminazis/girls/crones)** just easily get **(distressed/emotional/hysterical/traumatised/weepy/pissed off)***

Situation 4: Girl making a derogatory post about a boy being a creep/perv for liking all her photos.

*Either you really love my content, or you're training for the **(creep/perv/INCEL/stalker, weirdo, douchebag, himbo)** Olympics.*

Situation 5: Girl responding to a woman/girl posting a controversial viewpoint, about gender.

*This **(bitch/Karen/beauty queen/ignorant/barbie/halfwit)** doesn't speak for all of us. I think she has too many tabs open in her head. Maybe she should close the ones that **(are not about beauty tips/are about sugar dating/need more than 1 brain cell)***

Situation 6: Boy commenting on a boy's poor gaming skills.

*FFS you are about as good at this as **(women are at parking a car/pigs are at flying/girls are at math/queers are at being straight)** you **(pussy, scrub, fag, twat, amateur)***