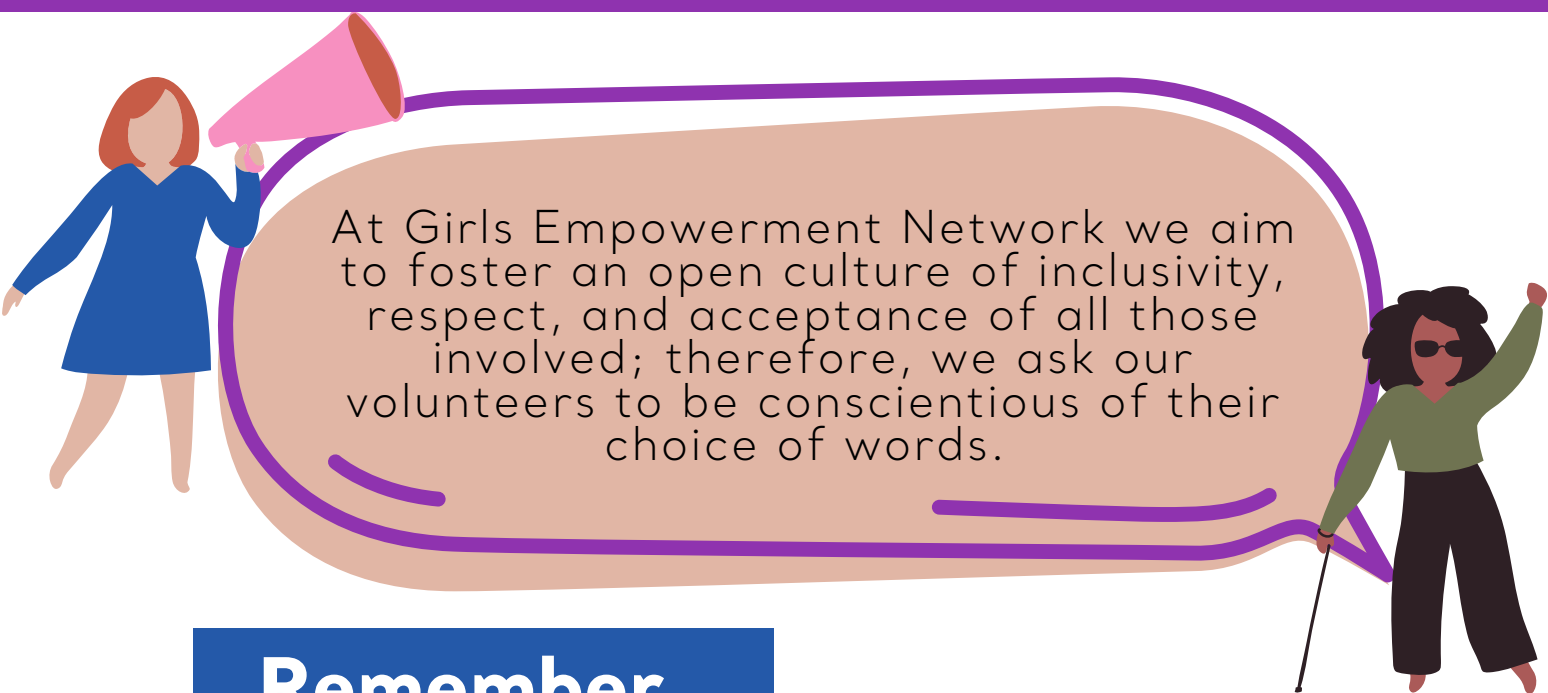


The importance of

# Inclusive Language

Girls Empowerment Network welcomes youth across the gender spectrum. We center the experiences of girls in grades 3-12, including those who are cis, trans, non-binary, and gender expansive.



## Remember,

Even though some words are commonly used, they can make folks feel excluded, hurt, or judged. Below is a list of exclusionary words/phrases and their inclusive alternatives. Surely, we do not intend to offend anyone, but we run the risk of offense when we are unaware of how our biases may affect our language.

### INSENSITIVE PHRASES

### POSSIBLE ALTERNATIVES

**BLACK SHEEP**

**OUTCAST**

**INDIAN STYLE**

**CROSS LEGGED**

**POLICEMAN/POSTMAN**

**POLICE OFFICER/MAIL CARRIER**

**HANDICAPPED/DISABLED**

**PERSON W/ A DISABILITY**

**"WHITE" LIE**

**LIE (CALLING IT WHITE DOESN'T MAKE IT OK)**

**PARENTS**

**ADULT AT HOME/GROWNUP**

**YOU GUYS**

**Y'ALL/FOLKS**

**BOYFRIEND/GIRLFRIEND**

**PARTNER/PERSON YOU'RE DATING**

**CHRISTMAS BREAK**

**WINTER BREAK**

**CRAZY**

**HECTIC/HARD/BUSY**

**SUMMER VACATION**

**TIME OFF/SUMMER BREAK**

To ensure our community feels included and empowered to be their most authentic selves, we ask that everyone share their pronouns, especially when interacting directly with our girls!



No one is expected to know all the inclusive words to use, however we have a responsibility to make the effort to educate ourselves on a continual basis and acknowledge peoples' diverse backgrounds, experiences, identities, and abilities.



**GIRLS**  
Empowerment Network