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**Sometimes, we hear words that are not nice. These are called swear words**



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**Swear words can hurt people's feelings. They are not respectful**



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**When I hear a swear word, I feel uncomfortable. It's okay to feel this way**



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**It's important not to repeat swear words, even if others around us are using them**



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**If I hear swear words at school or outside, I can walk away or choose not to listen**



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**I can talk to a teacher, parent, or a grown-up I trust if swear words are making me uncomfortable**



If I accidentally use a swear word, I say sorry and try not to use it again



There are many other words I can use to express my feelings without swearing



**I can be creative and use funny, silly words instead of swear words when I'm upset**



**If my friends use swear words, I can tell them that I don't like those words**



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**I choose to use kind and respectful words that make everyone feel good**



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**By not using swear words, I set a good example for my friends**



**I remember that words are powerful and I use them to be kind and polite**



**Each day, I practice using words that are respectful and kind**



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**I'm proud of myself for  
choosing to speak in a way  
that respects myself and  
others**