



## Say This, Not That

We use words or phrases that have origins that we're unaware of. Did you know that the phrase, "Good night, sleep tight" comes from rope beds that were common from the 1500s to the 1800s? Instead of a box spring, ropes or leather were laced through a wood frame to support a mattress. Before going to bed, you'd pull the ropes tight to be more comfortable.

By learning the real references and implications of our vocabulary, we can adjust our language to be more inclusive and create a welcoming environment for everyone.

Outdated or problematic saying/phrase	Why it's not cool	What to say instead
<p>Gypped</p> <p>Ex: I got gypped when I bought that skateboard.</p>	<p>It uses a racial slur (Gypsy) that refers to the Roma people, also called Travellers. It implies that these people are swindlers</p>	<p>Ripped off</p> <p>Cheated</p> <p>Didn't get a good deal</p>
<p>Crazy</p> <p>Insane</p> <p>Ex: The traffic is crazy today.</p> <p>Ex: Jane is insane for thinking that.</p>	<p>It makes light of mental illness.</p>	<p>Wild</p> <p>Unreasonable</p> <p>Astounding</p> <p>Incredible</p> <p>Surprising</p>
<p>Spirit Animal</p> <p>Ex: That red panda is so cute, it's my spirit animal.</p>	<p>Spirit Animals is a bastardization of a collection of traditions among some Native American tribes. The use of spirit animal in popular culture infantilizes and patronizes a long standing indigenous belief system and contributes to the religious and cultural oppression of indigenous peoples.</p> <p>Read more at World Religion News: "'Your Spirit Animal' Is Not a Joke It's Oppression"</p> <p><a href="https://www.worldreligionnews.com/?p=41509">https://www.worldreligionnews.com/?p=41509</a></p>	<p>Patronus (from the Harry Potter series)</p>
<p>Off the reservation</p>	<p>These are appropriative. They oversimplify complex belief systems, gloss over brutal histories, or perpetuate negative stereotypes.</p>	<p>Gone rogue</p>
<p>Low man on the totem pole</p>		<p>Low on the organizational chart</p>

Outdated or problematic saying/phrase	Why it's not cool	Low in the hierarchy What to say instead
Indian-Giver	These are appropriative. They oversimplify complex belief systems, gloss over brutal histories, or perpetuate negative stereotypes.	Dishonest
Sit Indian style		Cross legged Criss Cross Applesauce
Let's Powwow		Let's talk about that or have a meeting
Lame	It's ableist. It equates a physical disability with being unfavorable.	Uncool Not cool Bad Boring
OCD  Ex: I love organizing my office supplies - I'm so OCD!	It minimizes an actual mental illness: obsessive-compulsive disorder.	Particular Organized
Ladies and Gentlemen	It reinforces a gender binary. Some folks don't identify as a woman or a man, so this leaves them out.	Everyone Guests Visitors Friends Folks
Peanut Gallery	It was the name of a section in theaters, usually the cheapest and worst, where many Black people were forced to sit during the era of Vaudeville.	Critic(s) Commentators
"No Can Do"  "Long Time No See"	In the early 20th century, "no can do" and other broken English phrases were a way to make fun of how Chinese immigrants, and other people who were learning English, attempted to communicate.  "Long time, no see" mocks Native American Pidgin English speaking patterns.	I cannot help with that  I haven't seen you in a long time.