



ACTIVITY #1: QUICK SHARE

Duration: 5+ minutes

Materials: No materials are needed.

Introductions (1–2 min):

- Welcome participants and introduce yourself. (Optional: share your pronouns.)
- Provide a brief overview of the activity's purpose and goals as described in the activity description.
- Emphasize the commitment to using chosen names and valuing the dignity of individuals' name choices.
- Don't pressure anyone to share. Not everyone may feel comfortable sharing personal experiences.

Sharing (1–2 mins for each participant):

1. Ask participants to go around in a circle and share:
 - "My name is..."
 - (Optional: share your pronouns.)
 - "My family and friends call me..."
 - "You can call me..."

Closing and Commitments (10 minutes):

- Invite participants to commit to using chosen names and fostering an inclusive environment in their communities.
- Direct participants to the Names Are Sacred website (plu.edu/namesaresacred) for further learning.