



ACTIVITY #3: SHARING NAME STORIES

Duration: 20–45 minutes

Materials: Paper (small or large), pens, and markers

Group size: Decide whether to stay in a group or break into smaller groups of dyads and triads.

Video: www.plu.edu/namesaresacred

Introduction (1–2 min):

- Welcome participants and introduce yourself. (Optional: share your pronouns.)
- Remember that the first day of class is perhaps the most important day of class.
- 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.
- Respect participants' limits and boundaries. Not everyone may feel comfortable sharing personal experiences.

Reflection (5–10 minutes):

1. Ask participants to reflect on and consider their name journeys.
 - "Names hold stories, memories, and identities. They are a connection to our past and a representation of our present." What is your name story? What are your names? How did you get them, and when? Do different people call you by other names?
2. Invite participants to begin illustrating their name stories. (Possible approaches below.)
 - *A linear journey* — Participants could map out a timeline of their names and where they received them.
 - *Clustering* — Participants can create circles around their names and attach the names of people or groups who call them specific names, e.g., family, friends, colleagues, or teams.
 - Encourage participants to be as creative as they feel comfortable being.

Discussion and Sharing (5–10 minutes):

1. Invite volunteers to share their stories and reflections with the group.
 - **Note:** You will be invited to share stories in pairs and/or in a large group. There is no pressure to share more than you are ready to share. You will determine the extent to which you want to participate.

Group Reflection (5–10 minutes):

1. Bring the groups back together, and lead a group discussion on the following questions:
 - How did it feel to share your name journey with others?
 - What common themes or experiences emerged from the discussions?
 - How do our names contribute to our identities and sense of self?
 - How can we better understand and support individuals with changing names?

Closing and Commitment (3–5 minutes):

1. Summarize the key insights and takeaways from the activity.
2. Invite participants to commit to using chosen names and fostering an inclusive environment in their communities.

3. Direct participants to the Names Are Sacred website (plu.edu/namesaresacred) for further learning.

Feedback and Closure (1–5 minutes):

1. Thank participants for their engagement and openness.
2. Provide contact information for further questions or discussions.
3. When possible, ask for feedback on the activity's effectiveness and impact.