

**Table 15 Using Person-First Language to Reduce Stigma and Shame**

<b>INSTEAD OF SAYING</b>	<b>TRY THIS</b>
"My depressed student"	"My student has symptoms of depression"
"That anxious kid"	"That child seems/is anxious"
"Her alcoholic parent"	"Her parent has alcoholism"
"My behavioral disorder student"	"My student has a behavior disorder"