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# WORKSHEET 2:

## “A Pizza Me” Activity

**Directions:** Use the “pizza toppings” (characteristics) below to describe yourself. If you do not see everything that you would use to describe yourself, please write the attributes in the empty circles provided.

Fun	Happy	Nice	Decisive
Imaginative	Sincere	Sociable	Pleasant
Sweet	Talented	Proud	Polite
Charming	Generous	Loyal	Loving
Intelligent	Clever	Wise	

# LESSON 4:

## Ratchet is NOT the Ideal

### Objectives:

- Girls will define the term “ratchet.”
- Girls will understand what this term means with relationship to larger society.
- Girls will learn how to effectively communicate on the Internet and in person.
- Girls will understand how important their own voice is.

### Materials:

- Writing utensil
- Journal
- Computer with speakers to watch video
- Chart paper and markers

### Introduction (15 minutes):

- Using the chart paper, have the students brainstorm what it means to them when they hear the word “ratchet.”
- Have them include communication style, dress and behavior of a “ratchet” girl.
- Ask them whether or not this behavior has positive or negative connotations.
- Explain to the students that “ratchet” is a derivative of the word wretched that came out of the south in 1999.
- Define the word wretched for the students: Wretched: very unfortunate in condition or circumstance.
- Ask the students to take a moment to quickly journal their personal feelings when they hear the word ratchet.

### Activity (35 minutes):

- Have students watch the “Ratchet Girl Anthem” [www.blackgirlblues.com](http://www.blackgirlblues.com).
- Gauge the reactions that the girls have while listening to the anthem.
- Have an open discussion about their reactions to it.
  - Do they like it?
  - Do they not like it?
  - Do they think it is comical?
  - Would they behave that way?

Drawing on last week's lesson about stereotypes, is this yet another image of black women that is now being portrayed?

- Is it positive?
- Is it negative?
- Is it a way in which you would want your daughter to behave?

Use this time to think about making good decisions

- What makes a good decision?
- What is keeping it real and how can it get you into trouble?
- Explain why keeping it real is not always the answer.

Use this video and this discussion to talk about effective ways of communicating with each other in person and on the Internet.

Be sure to include that effective communication includes:

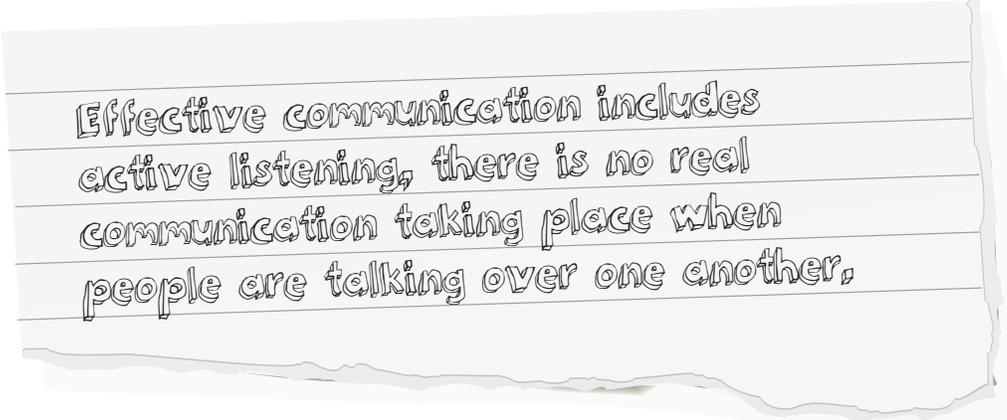
- Active listening, there is no real communication taking place when people are talking over one another.
- Body language, sometimes you say more with what you are not saying than with what you say.
- Be receptive to other people's opinions even if they are not your own.
- It is okay to agree to disagree.

### Discussion Questions:

- Nala has just found out that her ex-boyfriend is posting mean things about her on the Internet. How should she handle this and what would be the best way to deal with this and not be "ratchet?"
- Tamera and J are not best friends anymore. J left her journal at Tamera's house before they fell out. What does Tamera do?
- Justine posted her address on Facebook and tagged Raina saying if she wants to fight me she knows where I will be. What does Raina do?

### Journal lead-ins:

- After this discussion, does it change what it means to be "ratchet?"
- As African American females, is this how you want people to think about you? Why or why not.



Effective communication includes active listening, there is no real communication taking place when people are talking over one another,