# Take the Pledge! Everyone deserves dignity and respect.

Dignity and respect are crucial to building and sustaining an environment in which everyone feels included, valued, and appreciated. Sometimes it's the smallest things that have the biggest impact.

Here's how it works: Every day we have the opportunity to test our commitment to dignity and respect through our behavior.

The 30 tips featured in this brochure encourage us all to be mindful of our interactions with others and to commit to treating others the way *they* want to be treated. By practicing a tip each day, we can all work to achieve a more inclusive community.

## The Dignity & Respect Pledge

I will treat everyone with dignity and respect.

**dignity + respect = Inclusion**

## Take the Pledge!

or

text
**RESPECT**
to 313131

**For more information about the Dignity & Respect National Initiative, contact:**
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Dignity & Respect Campaign

**Making the world a better place for all to live—with all of our differences.**

# 30 Tips *of* Dignity & Respect

# 30 Tips of Dignity & Respect

The following tips highlight how you can incorporate acts of dignity and respect in everything you do. By practicing a tip each day, we can all work to achieve a more inclusive community.

**Tip 1**
**Sweat the small stuff.**
It's often the small things, such as being kind and courteous, that make a difference.

**Tip 2**
**Smile.**
A smile can be contagious.

**Tip 3**
**Be considerate.**
Your words and actions affect others.

**Tip 4**
**Say "Hello."**
You could make someone's day.

**Tip 5**
**Say "Thank you."**
Gratitude is a gift that's never too small to give.

**Tip 6**
**Reinvent the wheel.**
Do something that hasn't already been done.

**Tip 7**
**Be open.**
Try to experience new thoughts and ideas as learning opportunities.

**Tip 8**
**Be flexible.**
Things don't always go as planned. Adapt to changing conditions when necessary.

**Tip 9**
**Join the team.**
Do your part to support teamwork.

**Tip 10**
**Be a relationship builder.**
Seek ways to expand your network.

**Tip 11**
**Treat others the way *they* want to be treated.**
Find out what *respect* means to others.

**Tip 12**
**Be culturally competent.**
Differences are barriers only if we allow them to be.

**Tip 13**
**Break the ice.**
Start a conversation with someone new.

**Tip 14**
**Demonstrate mutual respect.**
Inclusion means being respectful regardless of position or title.

**Tip 15**
**Ask.**
It's okay to ask when you're not sure.

**Tip 16**
**Find common ground.**
Discover what you have in common.

**Tip 17**
**Communicate respectfully.**
It's not just what you say, but how you say it.

**Tip 18**
**Practice patience.**
Take time to get the full story.

**Tip 19**
**Seek understanding.**
It's better to not fully understand than to fully misunderstand.

**Tip 20**
**Share your point of view.**
Everyone has a perspective. Let others benefit from yours.

**Tip 21**
**Get someone else's point of view.**
After sharing your perspective, give others a chance to share theirs.

**Tip 22**
**Lead the way.**
Let your inclusive behavior light a path for others.

**Tip 23**
**Do the right thing.**
Be fair.

**Tip 24**
**Listen.**
People feel respected when they know you're listening to their point of view.

**Tip 25**
**Remember, we all make mistakes.**
Resist the urge to point out the ones others make.

**Tip 26**
**Get involved.**
Make a difference. Get caught being good.

**Tip 27**
**Become a mentor.**
You—yes, *you*—can help others realize their potential.

**Tip 28**
**Take a healthy step.**
Do something good for your health and encourage a friend to join you.

**Tip 29**
**Lend a hand.**
A little help can go a long way.

**Tip 30**
**Be a champion of dignity and respect.**
Encourage others to do the same.

www.dignityandrespect.org

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