

Inclusion begins with a core belief that everyone deserves dignity and respect.

Join the Dignity and Respect Campaign.

Dignity and respect are crucial to building and sustaining an environment in which everyone feels included, valued, and appreciated.

The following tips highlight how you can incorporate acts of dignity and respect in everything you do.

Practice one each day.

1. Sweat the small stuff.

2. Smile. 3. Listen.

4. Say hello. 5. Say thank you.

6. Reinvent the wheel.

7. Be open. 8. Be flexible.

9. Join the team. 10. Be a relationship builder.

11. Treat others the way they want to be treated.

12. Be culturally competent. 13. Break the ice.

14. Demonstrate mutual respect. 15. Ask.

16. Find common ground.

17. Communicate respectfully. 18. Practice patience. 19. Seek understanding.

20. Share your point of view. 21. Get someone else's point of view.

22. Lead the way.

23. Do the right thing. 24. Be considerate.

25. Remember, we all make mistakes.

26. Get involved.

27. Become a mentor.

28. Take a healthy step. 29. Lend a hand.

30. Be a champion of dignity and respect.

www.dignityandrespectcampaign.com