

30 Tips of Dignity & Respect

Practice the Tips!

Sometimes it's the smallest things that have the biggest impact. By practicing one of the 30 Tips of Dignity & Respect every day, each of us can make our world a better place for ALL to live—with ALL of our differences.

<p>TIP 1 Start with you.</p> <p>Reflect on how you see others, and how others see you.</p>	<p>TIP 2 Sweat the small stuff.</p> <p>It's often the small things, such as being kind and courteous, that make a difference.</p>	<p>TIP 3 Smile.</p> <p>A smile can be contagious.</p>	<p>TIP 4 Say "Hello."</p> <p>You could make someone's day.</p>	<p>TIP 5 Say "Thank you."</p> <p>Gratitude is a gift that's never too small to give.</p>	<p>TIP 6 Treat others the way <i>they</i> want to be treated.</p> <p>Find out what respect means to others.</p>
<p>TIP 7 Build cultural awareness.</p> <p>Differences are barriers only if we allow them to be.</p>	<p>TIP 8 Make a new friend.</p> <p>Start a conversation and learn something new.</p>	<p>TIP 9 Demonstrate mutual respect.</p> <p>Inclusion means being respectful regardless of position or title.</p>	<p>TIP 10 Ask.</p> <p>It's ok to ask when you're not sure.</p>	<p>TIP 11 Find common ground.</p> <p>Discover what you have in common.</p>	<p>TIP 12 Communicate respectfully.</p> <p>It's not just what you say, but how you say it.</p>
<p>TIP 13 Practice patience.</p> <p>Take the time to get the full story.</p>	<p>TIP 14 Seek understanding.</p> <p>It's better to not fully understand than to fully misunderstand.</p>	<p>TIP 15 Share your point of view.</p> <p>Everyone has a perspective. Let others benefit from yours.</p>	<p>TIP 16 Get someone else's point of view.</p> <p>After sharing your perspective, give others a chance to share theirs.</p>	<p>TIP 17 Reinvent the wheel.</p> <p>Do something that hasn't already been done.</p>	<p>TIP 18 Be open.</p> <p>Try to experience new thoughts and ideas as learning opportunities.</p>
<p>TIP 19 Be flexible.</p> <p>Things don't always go as planned. Adapt to changing conditions when necessary.</p>	<p>TIP 20 Join the team.</p> <p>Do your part to support teamwork.</p>	<p>TIP 21 Be a relationship builder.</p> <p>Seek ways to expand your network.</p>	<p>TIP 22 Build trust.</p> <p>Be fair. Limit bias and favoritism.</p>	<p>TIP 23 Lead the way.</p> <p>Let your inclusive behavior light a path for others.</p>	<p>TIP 24 Listen.</p> <p>People feel respected when they know you're listening to their point of view.</p>
<p>TIP 25 Remember, we all make mistakes.</p> <p>Resist the urge to point out the ones others make.</p>	<p>TIP 26 Do the right thing.</p> <p>Make a difference. Get caught being good.</p>	<p>TIP 27 Become a mentor.</p> <p>You—yes, you—can help others realize their potential.</p>	<p>TIP 28 Lend a hand.</p> <p>A little help can go a long way.</p>	<p>TIP 29 Live a healthy life.</p> <p>Do something good for your mind, body, & soul. Encourage others to join you.</p>	<p>TIP 30 Be a champion of dignity and respect.</p> <p>Demonstrate respect for self, others, and your community.</p>

About **THE** Campaign

Dignity & Respect Campaign

Do you want to LIVE in communities where we (and our families) are treated in a respectful manner from the businesses we patronize to our daily interactions with others?

Do you want to WORK in organizations committed to treating employees, customers, and the communities they serve with dignity and respect—regardless of position, level, or title?

Do you want our children to LEARN, attend schools, and participate in youth programs where they are treated with dignity and respect—free from the threat of bullying, stereotyping, or violence?

Do you want to PLAY sports and do you want our children to play sports where dignity and respect for others are foundational building blocks both on and off the field?

The Dignity & Respect Campaign empowers individuals to create environments for ALL to live, work, learn, and play by offering programs and initiatives; educational and training resources; and communication tools. **Take the PLEDGE. Practice the TIPS. Model the PILLARS. Participate in the INITIATIVES.**

dignityandrespect.org

Get involved, and get others to join you!

FOR MORE INFORMATION:



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