

Charter of Respect

- 1** • Be present in the moment
- 2** • Be attentive and open to listen actively
- 3** • Speak from your own experience, without generalizing
- 4** • Consider anything that is said in the discussion strictly confidential
- 5** • We have an obligation to abide by the Human Rights Code
- 6** • Be yourself and approach everything with compassion and understanding
- 7** • Ask for clarification to understand others' needs and perspectives
- 8** • Be mindful when others are speaking and try not to interrupt one another
- 9** • Commit to the positive interchange of opinions, perspectives and knowledge
- 10** • Recognize that, even if there is disagreement, each participant is entitled to his/her/their perspective
- 11** • Challenge one another, but do so with politeness
- 12** • Welcome disagreements with humility
- 13** • If you are offended by anything shared during the discussion, acknowledge and share it immediately
- 14** • Be open to apologize if your words are interpreted as offensive
- 15** • Avoid judgement (even humorous ones)
- 16** • Take responsibility for the quality of the discussion
- 17** • Build on one another's comments; work toward shared understanding of learning
- 18** • Be mindful of allowing adequate space for sharing perspectives and thoughts
- 19** • Embrace the learning opportunities to pause and grow
- 20** • Approach everything with curiosity to understand