



# Be BRAVE?

**Be** comfortable with being uncomfortable.

**Be** open to challenge

**Be** ready to learn

**B** acknowledge our conscious and unconscious BIASES

I know that I may have biases that may prejudice or privilege others during our discussion, so I actively seek to eliminate these.

**R** RESPECT others' views, values and experiences

I may not agree with you, but I acknowledge that your views are shaped by your lived experiences, which may be different to my own. I demonstrate this respect by listening and seeking to understand, rather than defend.

**A** ASK questions

If I don't know or understand something, I will ask questions to clarify, understand and learn.

**V** use our VOICE

I share my views, values and experiences, even when I know these may differ from others. I speak up against racism, sexism, homophobia, and all other forms of discrimination.

**E** EVERYONE is included

I actively encourage everyone to be part of the discussion.

## Review:

Well-being check-in



- I feel/felt...
- Following the discussion, I would like...
- I believe I was brave because...
- Actions/next steps