



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