

## Respectful Communication Guidelines

DON'T	DO
Look for things to criticize	Begin each day with a promise to respect others
Make fun of or laugh at others	Sit down and talk quietly
Make faces or roll your eyes	Listen carefully to what they say
Tell people how to run their lives	Look for things about others to appreciate
Insult	Give praise out loud for the good you see in others
Ignore	Tell others they are good, good enough, and loveable
Put people down in front of others	Tell them they are worthwhile and important
Act superior	Speak in a quiet voice even when you disagree with someone
Sneer	Pass up chances to insult, attack, or criticize
Tell them they're weird or crazy	Let others have responsibility for their lives while you take responsibility for yours
Say they are bad, not good enough or unlovable	
Say they don't belong or you wish they were dead	
Call them names like fat, ugly, stupid or worthless	

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