



PRINCIPLES FOR HOW WE TREAT EACH OTHER

Our Practice of Respect and Peacebuilding

1. **Welcome new friends.** Be kind to others and assume that they will be kind to you. Reach out to someone who may be lonely and invite them to be your friend.
2. **Listen deeply.** Listen intently when others are talking and sharing.
3. **Offer support, not advice.** Instead of telling someone what to do, put yourself in their shoes and think about their feelings.
4. **Ask questions.** If you don't understand something, or want to know more, just ask. Questions are a great way to show you care.
5. **Respect silence.** When others begin to talk, let them finish, and leave a moment of silence. This way, you are showing them that you are listening.
6. **Suspend judgement.** Value what is on the inside of a person, not just how they appear on the outside. It's wonderful how we are all different.
7. **Speak your truth.** Share what's in your heart with words that start with "I." "I feel happy when we are together!" or "I feel sad when you say that to me."
8. **Take time to wonder.** When you disagree with someone, ask yourself: "I wonder why this person feels this way?", or "I wonder how I feel?"
9. **Practice slowing down.** Slow and steady wins the race, so, take your time to breathe deeply and think before you act or speak.
10. **All voices have value.** Respect everyone's ideas even if they are different than yours. Be curious and you will learn something new from the other person.
11. **Talk with someone you trust.** If you have a problem with a friend or need help, talk to an adult you know and trust.

