### 30 Tips of Dignity & Respect

Sometimes it’s the smallest things that have the biggest impact. By practicing one of the 30 Tips of Dignity & Respect every day, each of us can make our world a better place for ALL to live—with ALL of our differences.

| Tip 1 | Start with you.  
Reflected on how you see others, and how others see you. |
| Tip 2 | Sweat the small stuff.  
It’s often the small things, such as being kind and courteous, that make a difference. |
| Tip 3 | Smile.  
A smile can be contagious. |
| Tip 4 | Say “Hello.”  
You could make someone’s day. |
| Tip 5 | Say “Thank you.”  
Gratitude is a gift that’s never too small to give. |
| Tip 6 | Treat others the way they want to be treated.  
Find out what respect means to others. |
| Tip 7 | Build cultural awareness.  
Differences are barriers only if we allow them to be. |
| Tip 8 | Make a new friend.  
Start a conversation and learn something new. |
| Tip 9 | Demonstrate mutual respect.  
Inclusion means being respectful regardless of position or title. |
| Tip 10 | Ask.  
It’s ok to ask when you’re not sure. |
| Tip 11 | Find common ground.  
Discover what you have in common. |
| Tip 12 | Communicate respectfully.  
It’s not just what you say, but how you say it. |
| Tip 13 | Practice patience.  
Take the time to get the full story. |
| Tip 14 | Seek understanding.  
It’s better to not fully understand than to fully misunderstand. |
| Tip 15 | Share your point of view.  
Everyone has a perspective. Let others benefit from yours. |
| Tip 16 | Get someone else’s point of view.  
After sharing your perspective, give others a chance to share theirs. |
| Tip 17 | Reinvent the wheel.  
Do something that hasn’t already been done. |
| Tip 18 | Be open.  
Try to experience new thoughts and ideas as learning opportunities. |
| Tip 19 | Be flexible.  
Things don’t always go as planned. Adapt to changing conditions when necessary. |
| Tip 20 | Join the team.  
Do your part to support teamwork. |
| Tip 21 | Be a relationship builder.  
Seek ways to expand your network. |
| Tip 22 | Build trust.  
Be fair. Limit bias and favoritism. |
| Tip 23 | Lead the way.  
Let your inclusive behavior light a path for others. |
| Tip 24 | Listen.  
People feel respected when they know you’re listening to their point of view. |
| Tip 25 | Remember, we all make mistakes.  
Resist the urge to point out the ones others make. |
| Tip 26 | Do the right thing.  
Make a difference. Get caught being good. |
| Tip 27 | Become a mentor.  
You—yes, you—can help others realize their potential. |
| Tip 28 | Lend a hand.  
A little help can go a long way. |
| Tip 29 | Live a healthy life.  
Do something good for your mind, body, & soul. Encourage others to join you. |
| Tip 30 | Be a champion of dignity and respect.  
Demonstrate respect for self, others, and your community. |
About THE Campaign

Do you want to **LIVE** in communities where we (and our families) are treated in a respectful manner from the businesses we patronize to our daily interactions with others?

Do you want to **WORK** in organizations committed to treating employees, customers, and the communities they serve with dignity and respect—regardless of position, level, or title?

Do you want our children to **LEARN**, attend schools, and participate in youth programs where they are treated with dignity and respect—free from the threat of bullying, stereotyping, or violence?

Do you want to **PLAY** sports and do you want our children to play sports where dignity and respect for others are foundational building blocks both on and off the field?

The Dignity & Respect Campaign empowers individuals to create environments for ALL to live, work, learn, and play by offering programs and initiatives; educational and training resources; and communication tools. **Take the PLEDGE. Practice the TIPS. Model the PILLARS. Participate in the INITIATIVES.**

dignityandrespect.org
Get involved, and get others to join you!

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**Making our world a better place for ALL to live—with ALL of our differences.**