

Let's talk

I look at the person I am talking to
and make sure I have their attention.

If I think the person may have misunderstood me,
I ask them to repeat what they heard in their own way.

I don't accuse, attack or use my words to hurt others.

I listen first before answering.

I share my opinion in a way not to hurt anyone else.

I own my words by talking in the first person.

I apologize if my words have hurt others.

