

## RESPECTFUL COMMUNICATIONS GUIDELINES

**R** = Take **RESPONSIBILITY** for what you say and feel without blaming others

**E** = Use **EMPATHETIC** listening

**S** = Be **SENSITIVE** to differences in communication styles

**P** = **PONDER** what you hear and feel before you speak

**E** = **EXAMINE** your own assumptions and perceptions

**C** = Keep **CONFIDENTIALITY**

**T** = **TRUST** ambiguity because we are **not** here to debate who is right or wrong

**RESPECT** = The ability to communicate esteem for persons from other cultures and other racial/ethnic identities

Circle the guideline you will give particular attention to so that you and other participants will have a good experience today.