

Examine Your Beliefs and Habits

Goal: Understanding why we believe the way we believe about others

Many of us hold onto beliefs that we learned as children, and they can influence how we engage in society. Positive action toward inclusion and advocacy begins at home. Becoming a strong ally of social inclusion requires ongoing self-reflection, learning, and openness to growth. Reflect on what you were taught as a child about the following:

A person living on the street without a home

Someone who is blind

A person from another country that doesn't have a place to live

Someone who used to be in armed service

Someone who looks different than you based on skin color

Someone who is a different gender

Someone who is elderly

Speak Your Truth

Goal: Build connection through honest conversation about inclusion

Identify someone to have an honest conversation with about inclusion and discrimination. You can tell them you are working on a project for a book that you are reading and you thought of them for this activity.

Before you begin the conversation, answer the following questions:

Have you ever felt discriminated against? What happened?

What actions would you take if you noticed someone being discriminated against?

What practices would you put in place to make sure that people feel included in the future?

Now have a conversation with the other person to share your findings and ask them to share theirs.

Symbols of Respect & Inclusion

Goal: Recognize how symbols make people feel included or excluded

We see symbols every day—they are all around on buildings, in the street, on schoolyards, on our phones and in digital spaces. Symbols convey ideas, qualities, feelings, objects, opinions and beliefs. Unfortunately, symbols are also used to spread bias and hate. Explore the idea that symbols can be positive, neutral, or negative. Brainstorm symbols that express positive values and concepts such as respect, diversity, inclusion, love, acceptance and friendship.

Answer these questions:

Why are symbols important?

What symbols have you noticed and are they positive, negative or neutral?

How can symbols of respect and inclusion make a difference in your community and the larger society?

Educate Yourself About Social Inclusion Issues

Goal: Using your interests to make a difference in your community

Navigating how to get involved can be overwhelming. The best way to start is to familiarize yourself with social issues that you're passionate about and research what is being done about them. Whether it's hunger and food insecurity, gun violence, voting rights, or another issue, you'll gain a better understanding of an issue's current state by learning about its history.

What three social inclusion issues are you passionate about?

Choose one that is most important _____

Research local groups that are working on this issue, what did you find?

Reach out to learn more. How can you get involved?

Inclusion-Driven Brand Support

Goal: Become aware of the brands that support inclusion for all

Research popular brands that practice inclusion by going on the internet and looking for inclusion statements.

Identify 5 brands and what they stand for:

1. Brand: _____

2. Brand: _____

3. Brand: _____

4. Brand: _____

5. Brand: _____

What did you notice from your search?

Are you more likely to purchase those products given a choice moving forward?

Who will you share this information with?

Inclusion Pledge

Goal: Recognize how stereotypes make people feel excluded and vow to be inclusive moving forward

Make a list of all the names that describe someone for being different.

What do you notice about the words you just wrote? Are they positive or negative?

Write your pledge to disavow the words.

Make your own pledge. Here are some words to get you started but feel free to make your own pledge:

“No one has the right to call me these names and I don’t have the right to call anyone else these names. I pledge that I will accept others the way they are and try to appreciate people who are different from me. Most people act as they do based on their life experiences. I can ask them about their experiences to understand why they approach life the way that they do. If I really don’t like someone, I will give them space to be who they are, and I will defend my right to be who I am. I can always choose to walk away from someone if I don’t agree with how they are acting. (Add your own words)”

Signed, _____”