

Playing it S.A.F.E.

Dignity means being valued for what you are, what you believe, and how you live your life. Examples of dignity include:

- Speaking up for the underprivileged
- Respecting someone's right to privacy
- Defending what is right

Respect is admiration for someone's actions, traits, or accomplishments.

Examples of showing respect include:

- Removing your hat during the National Anthem
- Listening while someone is talking



Dignity and Respect create spaces that are safe and more inclusive than others.

Maintaining YOUR Dignity in a Relationship

- Keep your own values in mind
- Do not allow yourself to change for someone else
- Do not abandon your principles or self-respect (pride and confidence in yourself)
- Do not allow another to violate your boundaries.



By maintaining dignity you will establish a relationship that meets your needs.

Where do WE Start?

To show dignity and respect toward others, follow the guidelines listed below.

- Treat others how you want to be treated
- Focus on the other person's needs/feelings
- Ask questions
- Practice patience
- Share your points of view
- Practice active listening - listen to others opinions and views
- Debate differences rather than argue
- Be tolerant - everyone makes mistakes

To establish a healthy relationship, both people should be treated equally with dignity and respect.

