

Creating a respectful community is everyone's responsibility. The most common question is how do I do that? What can I do to be a more respectful member of the community in which I live, work, and learn? Following is a list of 10 suggestions for optimizing your respect factor.

Know Yourself

- Have an idea where you stand on things. Know what is unacceptable about things like racism, homophobia and harassment.

Stick By It

- There is a lot of pressure to conform and “go with the flow”, You know when someone has crossed the line. Know your line and stick by it.

Look Around

- Know disrespectful behaviour when you see it, things like hateful graffiti are not ok. So do something about it.

Listen Up

- Know disrespectful language when you hear it. Recognize how harmful it can be.

Speak Out

- Call others on it, when you hear disrespect & do nothing about it, you are saying it's ok

Stand Up

- When you see someone being made a victim, step in. Do something about it. Say No.

Value our Differences

- Diversity surrounds us, see the value in different perspectives, histories, and journeys.

Talk About It

- Being respectful means being able to talk & ask questions about a variety of topics and discuss them in an open and honest way

Own Your Actions

- Nobody's perfect. When you say something over the line. Be accountable.

Reach Out

- Find out about your resources, and use them. If you are being victimized tell someone. We're here to listen and to help. Just simply reach out.

what does respect mean?

respect means having regard for others.

That means accepting that other people are different but just as important as you feel you are.

respect means knowing yourself.

That means that you stand up for yourself and don't let yourself be talked into doing stuff that you know is wrong or makes you feel uncomfortable.

respect means not interfering with others

This includes gossiping, emailing, instant messaging, facebooking or touching others reputation, space or property.

respect means holding something worthy of high regard

That really means taking all those other values and living them.

reach out. we're here to listen

If you are experiencing or witnessing disrespectful behaviours do something about it.

Talk to your Professor or Program Coordinator or

Visit Student Success 475 6112

Counselling Student Success 475 6114

SUCCI/OASA Office 475 6226

Wellness & Diversity Office 475 6237

Ombuds Office 475 6209

