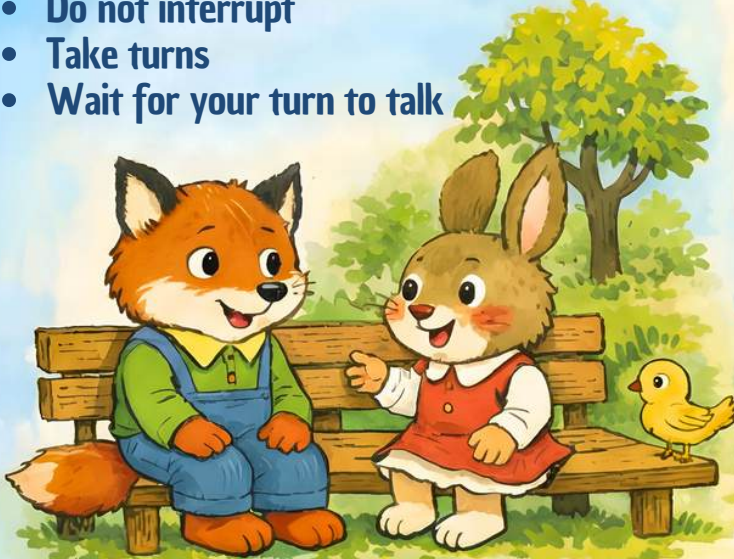


HOW TO SPEAK RESPECTFULLY



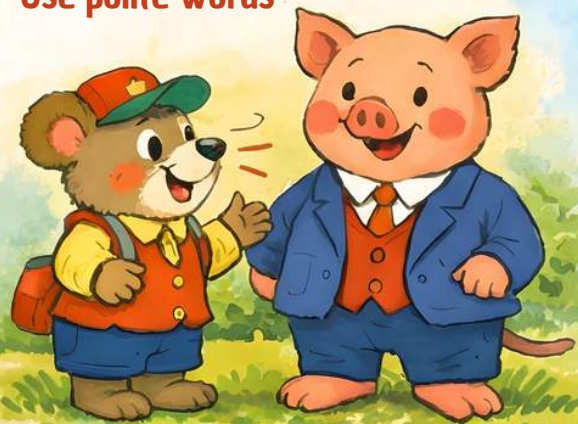
Listen Carefully

- Look at the person who is speaking
- Do not interrupt
- Take turns
- Wait for your turn to talk



Use Kind Words

- Say please and thank you
- Speak in a calm voice
- Do not call people names
- Use polite words



Show Interest

- Ask questions to show interest
- Nod or smile to show you are listening
- Stay focused on the conversation

Think Before You Speak

- Ask yourself:
- Is it kind?
 - Is it true?
 - Is it helpful?



Respectful words help everyone feel safe and valued.

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