5 FINGER CONTRACT

**Pinky Finger**
Be mindful of all voices, even the unspoken ones

**Ring Finger**
Commit to respectful engagement and reflection

**Middle Finger**
Don’t be mean

**Index Finger**
Draw from personal experiences, Not from others

**Thumb**
Be encouraging
INCLUSIVE LANGUAGE IS...

- Acknowledging people and their differences while making a conscious effort to maintain a welcoming and safe space for all individuals
- Becoming aware of words or phrases that actively perpetuate exclusion via stereotypes and generalizations
- Not judging a book by its cover
| Race | Class | Gender | Sex | Sexuality | Ability | Religion |
SELF-AWARENESS AND AWARENESS OF STUDENTS

- **BIAS**
  - Prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair

- **Microagressions**
  - Verbal and nonverbal insults/snubs, whether intentional or unintentional, that communicate negative stereotypes or messages toward a marginalized or minority group

- **Stereotype Threat**
  - Having fear of confirming a stereotype of a group you identify with
COMPASSIONATE ACTION
Empathy
- The awareness of the feelings and emotions of other people
- Sympathy vs Empathy
- Key element of Emotional Intelligence
- Listening skills

Critical Thinking
- Clear, rational thinking involving reasoned judgments.
- Critical thinking involves seeking, analyzing, and evaluating multiple perspectives on a complex question or issue, and being able to "see" through someone else's eyes
- Mindfulness

Listen | Analyze | Validate | Respond
BEING MINDFUL

ACCESSIBILITY (LANGUAGE AND OTHERWISE)
AVAILABILITY/EQUITY
CAMPUS NEEDS
DIVERSITY OFFICES
SILENCE
________ SPACE