

be K-I-N-D

K eep it simple. Share...thoughtfully share and allow others the same opportunity,

I can talk, I don't have to talk. You'll be given opportunities to share, but you won't be forced to if you choose not to. Your story is important to all of us.

N othing is off the table. We can talk about anything, but remember we might also have a topic or subject to tackle, so we may need to remember to stay on task.

D ifferences are expected, but differences should also be respected. We all have different upbringings, different histories, different stories. All are important. Try to remember to have empathy for others and you'd like for yourself.