# **Community Reflection:**

What are we struggling with?

How do they relate?

What can we do?

## **Accountability:**

Take responsibility for your actions; if you have hurt another, apologize; make a commitment to change hurtful behaviors.

#### **Inclusion:**

Make others feel that they belong at ALL LEVELS of relationship (family, community, organization, nation).

# **Relational Aggression:**

Non-Physical: harms others through damage (or threat of damage) to relationships or feelings of acceptance, friendships, or group inclusion. Aka: when we turn our relationships into weapons/ tools for power and control.

## **Understanding:**

Believe that what others think matters; give them the chance to explain their perspectives, express their points of view; actively listen in order to understand them.

### **Safety:**

Put people at ease at two levels: physically where they feel free from bodily harm; and psychologically, where they feel free of conern about being shamed or humiliated, that they feel free to speak without fear of retribution.

# **Remember:**

- 1. Other People Matter
- 2. Recent studies have shown emotional pain (rejection, isolation, etc) impacts the same parts of the brain as physical pain.
- 3. Oppression happens when we ignore the voice, potential, and value of others