

Regional Foodbank of Northeastern New York
July 14, 2022

Things to Guide You

Avoid:

- Ideas of “treating everyone the same” We are different, so celebrate!!
- Making assumptions; meet me where I am. Perhaps I don’t want to be like you.
- Ignoring derogatory comments (acknowledge and challenge)
- Leaving yourself out of the experience
- Separating yourself from what you hope to improve; you are part of the solution
- Picking one person to speak for a group

Remember:

- One size does not fit all
- Language is powerful and hurtful and can be used as a weapon
- Apologies can help the now, but the impact is never forgotten
- Try not to generalize
- Be true in your intent
- Determine “why” you are here
- Listen; don’t parent or correct
- What I think of you is none of your business
- Intentions don’t often represent the action or reflect what we truly think/say what you mean!!!
- Different words evoke different responses from different people
- Impact of Technology; easier to text, our ability to have conversations
- Being politically correct has made us all fearful to engage/ask questions
- Definitions of words change

You....

- Agree to accept your community
- Realize and accept you don’t have to like it
- Realize and accept you don’t have to agree with all of it
- Realize and respect that it is relevant and works as part of the whole
- Realize and accept being open to understanding someone or something that is not like us