

ESSENTIAL ELEMENTS OF DIGNITY

What we extend to others and would like for ourselves.

ALL AGES | TIME 20 MIN

ACCEPTANCE OF IDENTITY

Approach people as neither inferior nor superior to you; give others the freedom to express their authentic selves without fear of being negatively judged; interact without prejudice or bias, accepting how race, religion, gender, class, sexual orientation, age, disability, etc. are at the core of their identities. Assume they have integrity.

SAFETY

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

ACKNOWLEDGMENT

Give people your full attention by listening, hearing, validating and responding to their concerns and what they have been through.

INCLUSION

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

RECOGNITION

Validate others for their talents, hard work, thoughtfulness, and help; be generous with praise; give credit to others for their contributions, ideas and experience.

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.

FAIRNESS

Treat people justly, with equality, and in an evenhanded way, according to agreed upon laws and rules.

INDEPENDENCE

Empower people to act on their own behalf so that they feel in control of their lives and experience a sense of hope and possibility.

BENEFIT OF THE DOUBT

Treat people as trustworthy; start with the premise that others have good motives and are acting with integrity.

ACCOUNTABILITY

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

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