

TEN TIPS FOR STARTING THE DIGNITY CONVERSATION

ALL AGES

1. Read and ponder Global Dignity's definition of dignity and the principles that guide our understanding of what it means. Share your learning with others and ask for their opinions.
2. Explore the dignity resources on the Global Dignity website and view the *Dignity Song* video. How does this expand your understanding of dignity? Share your learning with others and ask for their opinions.
3. Reflect on your own life, especially how you already lead with dignity. Share your reflections with others and ask them about their experiences with dignity.
4. Reflect on your own life and consider how you can further incorporate dignity into your life. Share your reflections with others and ask them about their personal dignity goals.
5. Identify a specific example of dignity from your own life and experiences and share it with others. Ask them about examples of dignity from their lives.
6. Identify the one person who most exemplifies dignity for you and share your ideas with others. Ask them about examples of the dignity role models that they would select.
7. Identify dignity role models from your personal life. Ask them about their perspective on dignity and learn more about their dignity journey. Share your learning with others.
8. Identify positive and negative examples of dignity in the media, literature, music, etc. Share and discuss your examples with others.
9. Read and ponder the United Nations' *The Universal Declaration of Human Rights*, including the Preamble. Share your thoughts with others and ask them about their ideas.
10. Consider: How would you like others to treat you? What does that tell you about how you should treat them?

