

How to disagree with dignity.

Honoring someone's inherent worth can be difficult, especially when situations get **heated**. Follow these research-based steps to join the movement of Americans **easing divisions, preventing violence, and solving problems** by choosing dignity over contempt.



BASELINE BLUE

Treat everyone with dignity.

Standing for principles doesn't mean standing against people. Tune out hate and outrage in your thoughts and actions – and in the people you listen to as well



CODE GREEN

Take a breath.

If a sensitive issue arises, count to ten before you speak.



CODE YELLOW

“Tell me more.”

If conflict arises, ask to hear more, and listen without interrupting.



CODE ORANGE

Answer with dignity.

If contempt arises, focus instead on facts, decisions, actions, and outcomes.



CODE RED

Prioritize safety.

Dignity can be a powerful tool in preventing the conditions that lead to violence. But if you feel the threat of violence, seek safety.