



PFLAG

straight  
FOR  
equality



## Be Kind, Rewind: Understanding Your Role in Building Inclusion

Here are a few strategies that you can put into practice to create kinder spaces and demonstrate that you fully understand your role in building inclusion!

- **Use the Platinum Rule.** Treat People the way they would like to be treated - and if you're not sure how to do that, ask.
- **Reflect on moments you did not get it right.** Self-reflection can help you to focus your time learning more.
- **Try the “Ouch & Educate” model.** It facilitates reciprocal learning and allows you to move forward together.
- **When you've made a mistake - make your apologies count.** Apologize, correct your mistake, and then move on.
- **Hold everyone accountable for creating kind, inclusive spaces.** No one gets a pass on putting the work in.
- **Don't become the unkind one.** Remember the difference between a one-time mistake and a pattern of bad behavior.
- **Start conversations about kindness in your communities.** Create space where people feel safe calling one another in.
- **Reimagine ground rules as group agreements.** These can be a living tool that center you during tense moments.
- **Celebrate kindness all year long.** Celebrate moments like World Kindness Day and Random Acts of Kindness Day.



**Email**  
love@pflag.org



**Website**  
pflag.org



**Facebook**  
@PFLAG



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@PFLAG



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@PFLAG