



10 everyday actions you can take to be more inclusive

Take time to reflect on assumptions based on stereotypes.

Gender Race
Weight Disability Ethnicity
Physical appearance Class
Religion Sexual orientation

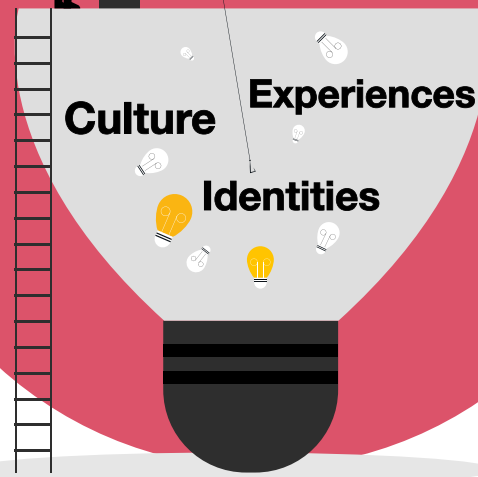


Consider where they come from & why you use them.

Speak up in a respectful and constructive manner to promote inclusivity.



Take the initiative to learn about different cultures, identities, and experiences



to broaden your understanding and empathy.

Think about colleagues needs and personal circumstances



when organising celebrations and team-building activities.

Practice active listening by giving your full attention to the speaker-



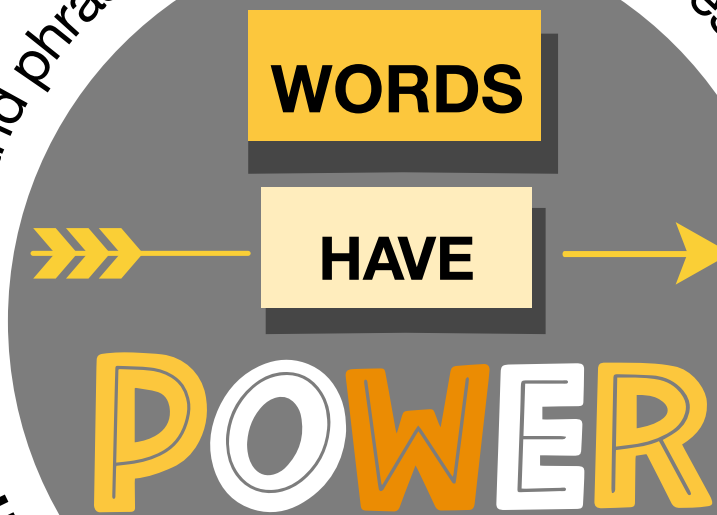
without interrupting or making assumptions.

Make a conscious effort to include everyone in conversations and activities.



Ensure that no one feels left out. Use the common language everyone speaks and understands.

Choose words and phrases that are inclusive and respectful to all individuals.



Be mindful when it comes to making jokes or comments based on stereotypes.



Be conscious of the variety of pronouns individuals may use to identify themselves



and use them accordingly.

There are materials in Vantage on how to interact with others



who are different from you, which might be of help.