



CIVILITY CHALLENGE

**WELCOME TO NICD'S 7-DAY CIVILITY CHALLENGE!
YOU ARE NOW PART OF THE LARGE NETWORK OF
CHAMPIONS OF CIVILITY AND RESPECT.**

We see you as a connector of respect and civility in your community. During the challenge, we want to follow your journey. To share your challenge activities:

1. Use the two hashtags:
#civilitychallenge #engagingdifferences
2. Capture and post your challenge outcomes with photos, videos and other creative ways.
3. Use the Civility Challenge graphic as your profile picture.

DAY 1

Today is about making a personal commitment to civility and respect.

Sign the ***Civility Pledge*** (if you have not previously signed).

Let the people in your personal and professional networks know that you are participating in the challenge. Tell your friends, family and colleagues why you decided to this and encourage them to also sign the pledge and take the challenge.

DAY 2

Today is about inspiration. Think about a person who has inspired you by showing respect to others. It may be someone you know personally or someone you have admired. Take a few minutes to write down how this person has influenced your life and what this person has taught you about civility. During the day, talk about this person, why you admire them, and the impact the person has had on your life. For example, you might want to post this on social media or discuss this person during a family dinner or while having coffee with friends. Invite people to also share who has inspired/shaped their lives.

DAY 3

Today is about respect. Bullying, harassment, and name calling are frequent occurrences when discussing politics and controversial social issues.

As civility connectors, it is essential that we learn and practice how to respect someone's humanity, even when we do not agree with their opinions and values. This means we do not:

1. ***Label or categorize people based on their beliefs;***
2. ***Call people derogatory names or insult them as a person; or***
3. ***Dismiss someone who has opposing opinions.***

To better understand each other's opinions and experiences, we must learn to listen to one other. We can disagree with someone's ideas and not label them based on those ideas.

As part of today's challenge, plan for how you will respond the next time you hear or see someone making uncivil remarks. You may say to them that you welcome diverse opinions, but you will not permit name calling or belittling. When you hear, or see people name calling, point out the behavior and ask them to stop. Hold yourself to the same standard. Review and share this infographic on ***Fostering Civility on Social Media.***



**ENGAGING
DIFFERENCES**
Engage our Differences more Constructively

DAY 4

Today is about purposely seeking diverse opinions and listening to learn. For many reasons, we are surrounded by people and news sources that are consistent with what we already believe. We may not realize how prevalent other viewpoints are and when we do hear differing opinions, we may believe they are untrue or misguided.

Watch at least two of these three videos:

1. *Katie Couric: On Civil Discourse, Disagreement and Respect*

After watching this video, think about who you respect but do not share the same worldview. How has that impacted your interaction with that person?

2. *Why Facts Don't Convince People.*

Did anything in this video resonate with you? What and why?

3. *How our Friendship Survives Our Opposing Politics*

After watching this video, think about your own personal relationships. Have any of them been affected due to differing beliefs?

Write down the sources of information you most frequently receive news. Sign up/tune-in to at least one news source that you know presents different perspectives than the ones you currently rely upon. For at least one month, commit to giving this alternate news source as much attention as you do others you watch regularly.

DAY 5

Today is about connecting and active listening. Many of us have a routine that guides our day. While this routine assists us in managing the multitude of responsibilities we often juggle, we might also unknowingly overlook opportunities to connect and speak with people.

Civil discourse requires us to give our full attention and respect to others. Constructive conversations involve a balance of listening and talking. However, in conversations people frequently speak more than they listen, and when they do listen, they listen to respond rather than listening to understand.

Today, make eye contact when speaking to people. When in conversation, speak half the time as the person with whom you are talking. With that goal, speak only to ask clarifying questions or when responding to direct questions.

At the end of the day, write down your reflections of the exercise.

DAY 6

Today is about building relationships. Invite someone in your life to watch this short [video](#) with you.

After watching the video, discuss:

1. **What stood out about Donna and Bob's relationship before and after they had coffee together?**
2. **What would happen if more people, like Donna, reached out to people who have contrasting views?**
3. **Are there people in your life that you no longer have a relationship with due to differing values/opinions? Are there people you never tried to get to know because of their beliefs?**

At the end of the day, write down your reflections.

DAY 7

Today is about bridging differences and self-care.

As an extension of yesterday's conversation, identify one person who has values or opinions that you do not share. This can be someone you know well or not at all. Invite this person out for coffee to learn about the experiences that shaped their values and opinions. Today, all you need to do is the invite, but try to set the date within the next few weeks. To help prepare you for your coffee conversation, review and use the Tips to [Avoid the Food Fight](#) and [Agreements for Successful Conversations](#).

Today, we also want you to undertake two acts of kindness – one random and one for yourself. It is important to engage in self-care. An act of kindness for yourself can be small like taking a walk during lunch or it could be on a larger scale such treating yourself to something you have been thinking about for a long time. The second act of kindness is random. Do something unexpected for someone and without acknowledgement. If you are struggling to come up an idea, search the Internet – many people have shared what they have done and their experiences.

Congratulations on finishing the civility challenge! Are you ready to become an official civility connector in your community?

To learn more, contact us at cgraeve@email.arizona.edu or call 202-759-9308