

# Be AWARE

Navigate difficult conversations with confidence

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## Assert

your viewpoint with honesty and fairness.  
Find common ground where you can.

## Wonder

about the person you are talking with. What experiences  
might have led them to think this way?

## Accept

that minds may or may not change. That's perfectly fine.

## Respect

each other. Keep stereotypes and insults out  
of the conversation.

## Establish

clear goals for the conversation. If the discussion  
gets too intense, it's okay to step back.



SPHERE  
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