



COURAGE TO SPEAK UP HEURISTIC

For each item circle the number that best reflects the way you interact with others. Please explain your selection.

When discussing difficult social issues:

1. I speak up to question stereotypes and encourage acceptance of diverse experiences.
5=Very often or always, 4=Often, 3=Sometimes, 2=Rarely, 1=Never or very rarely

Comments:

2. I am aware that my words may have a hurtful effect on others, despite what my intentions may be.
5=Very often or always, 4=Often, 3=Sometimes, 2=Rarely, 1=Never or very rarely

Comments:

3. I acknowledge and respect views, values, knowledge systems, and life histories of others, though they may differ from my own.
5=Very often or always, 4=Often, 3=Sometimes, 2=Rarely, 1=Never or very rarely

Comments:

4. Through my talk or actions, I make sure I show solidarity and kindness to those who share painful memories of experiencing prejudice and injustice.
5=Very often or always, 4=Often, 3=Sometimes, 2=Rarely, 1=Never or very rarely

Comments:

5. I forgive those who may offend me during respectful and well-meaning conversations related to thorny issues.
5=Very often or always, 4=Often, 3=Sometimes, 2=Rarely, 1=Never or very rarely

Comments:
