

## Handout 3-2: Showing Respect

### 1. Get to know the people you are working with.

- Learn the names of the people you are working with and get to know the individual members of your team, members of the community, and family members. Allow them to get to know you as well.
- Always call people by their name or their respectful title.
- Learn about each family's life, and show your understanding of their difficulties and challenges.

### 2. Practice good verbal and nonverbal communication skills.

- Greet people in a culturally appropriate way.
- If it is normal for this culture, look at people when you speak with them.
- Listen carefully and thoughtfully.
- If appropriate and safe, communicate with people one-on-one (not only in large groups).

### 3. Actively listen to others.

- Create a safe and open environment to encourage people to share their ideas and opinions.
- Give people a chance to discover their answers and insights.
- Ask open-ended questions about what people already know about the topic you are discussing.

### 4. Create an environment in which people can be themselves without feeling judged.

- Show that you understand and appreciate people's knowledge and the positive, healthy behaviors they already are using.
- When sharing new information, find out what people already know about the topic before adding information.

### 5. Remain humble.

- Encourage people to ask questions, and answer these questions to the best of your ability.
- Acknowledge when you do not have an answer for a situation.
- If you do not know the answer to a question, say that you do not know but will find out.