

# 10 Inclusion Commitments

Learn more about microaggressions and replace them with microaffirmations

Leverage privilege to help others

Increase cultural competence

Understand how biases and stereotypical beliefs show up in interactions and learn to interrupt them

Expand view of people beyond race and gender identity

Find common ground with those who are different from you

Refuse to be a bystander in the presence of discrimination and prejudice

Amplify the voices of those who are traditionally excluded

Adopt gender neutral language

Acquire and maintain an inclusive mindset