



# Safe to Be You: Creating Belonging in 8 Ways



Belonging is created through everyday actions that help people feel accepted, respected, and valued. Small moments of connection can make a big difference in whether someone feels included or alone.

## 1. Welcome People Warmly

A simple greeting, smile, or introduction can help others feel acknowledged and included from the start.

## 2. Practice Active Listening

Give people your full attention during conversations. Listening without interrupting or judging helps others feel heard and respected.

## 3. Offer Encouragement

Recognizing someone's effort, strengths, or contributions can boost confidence and create a stronger sense of connection.

## 4. Include Others

Invite coworkers, classmates, or friends into conversations, activities, or group decisions so everyone feels part of the experience.

## 5. Lead with Empathy

Try to understand what others may be experiencing instead of making assumptions. Compassion helps create emotionally safe spaces.

## 6. Be Present

Putting phones and distractions away during conversations shows people they are important and valued.

## 7. Respect Differences

People feel safer being themselves when their backgrounds, perspectives, and identities are treated with respect.

## 8. Check In Regularly

A quick "How are you doing?" can remind someone they are not alone. Belonging is not built through one big gesture. It grows through small, consistent actions that tell people: *You matter here.*