

Discussing Politics with Civility



**SPEAK UP AND
SPEAK OUT**
summit



Thank you!



Knowledge Check: Pre-module Questions

1. What is a characteristic of civility?
2. What are two techniques of civility?
3. Name one calming breath exercise?



Advocacy

Definition of Advocacy

- Advocacy is when an individual or group aims to influence decisions within political, economic and social systems and institutions.
- Advocacy can be defined as public support for or recommendation of a particular cause or policy.



Civility

Definition of Civility

- A type of conduct which is characterized by courtesy and being polite
- A polite act or expression



What are the Benefits of Civility?

- We're always going to be around people.
- Not everyone will agree with us all the time.
- It is the right thing to do!



Why Should We Practice Civility?

- Each person is unique.
- Civility creates a positive atmosphere.
- Not everyone will agree with each other all of the time.
- Effective communication is essential.



Why Discuss Politics with Civility?

- Politics shapes policies and decisions that affect our lives.
- People feel strongly about issues that affect them!
- It is important to advocate!
- Exchange of ideas.
- Gain new insights.
- Creates positive change.



Civility Techniques

- Active Listening
- Respectful Language
- Know Your Facts
- Constructive Disagreement
- Collaborative Mindset
- Setting Boundaries
- Walk Away
- Seek Resolution

Civility Techniques–Active Listening

- Maintain eye contact if comfortable.
- Listen with your whole body.
- Don't interrupt.
- Stay focused on what is being said.
- Reflect back what has been said.
- Ask questions.



Civility Techniques–Active Listening

- Listen with your ears and your heart.
- Withhold judgement.
- Take a deep breath(s).
- Find common ground.
- Provide feedback.
- Respond appropriately.



Civility Techniques–Respectful Language

Respectful Language:

- Uses 'I' statements.
- Is respectful and avoids being critical or swearing.
- Focuses on discussing ideas and policies.
- Does not attack individuals.
- Aims to understand and be understood.
- Goes both ways between the speaker and listener.

Civility Techniques–Know Your Facts

Be prepared to back up what you're saying:

- Verify the accuracy of information before sharing it.
- Encourage critical thinking.
- Provide credible sources to support your arguments.

Civility Techniques–Constructive Disagreement

It's okay to disagree and keep these things in mind:

- Still need to be respectful of other's opinions.
- Find common ground.
- Approach differences with an open mind.
- Focus on possible solutions.
- Remain calm.
- Don't blame others.

Civility Techniques–Collaborative Mindset

A collaborative mindset:

- Seeks common ground.
- Seeks shared goals.
- Looks for opportunities to build on ideas.
- Seeks to understand how other people think and feel.
- Creates an atmosphere where all voices are valued and heard.

Civility Techniques–Setting Boundaries

- Recognize when to disengage
- Communicate boundaries calmly

Civility Techniques–Walk Away

Communicate your need for space:

- Out of respect to our friendship, I need to take some time to calm down.
- I'm feeling frustrated, and I can't keep talking about this right now.
- Let's agree to disagree for now; we can talk more later.
- I'm going into the other room to calm down.
- I'm going to take a walk and calm down.
- Let's come back later to continue the conversation when I am calmer.

Civility Techniques–Seek Resolution

- Come back when you have calmed down.
- Establish that it's okay to have different views on issues.
- Seek out things you have in common.
- Do something different and have fun!

Civility Techniques–Review

- Active Listening
- Respectful Language
- Know Your Facts
- Constructive Disagreement
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Tips and Tricks – Take Some Deep Breaths

Three Calming Breath Techniques:

- Box Breathing
- Belly Breathing
- Star Breathing

Take Some Deep Breaths– Box Breathing

- Inhale - 4 seconds
- Hold the Breath - 4 seconds
- Exhale - 4 seconds
- Hold the Breath Again - 4 seconds
- After exhaling, pause for a count of four before beginning the cycle again.
- Continue in this way for a few breaths, or until you feel calm.



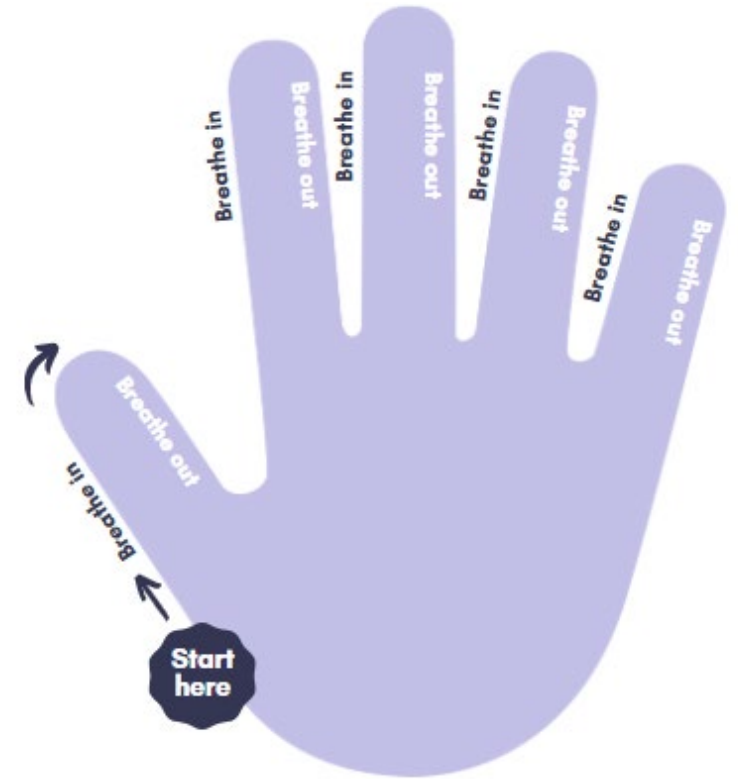
Take Some Deep Breaths– Belly Breathing

- Place one hand on your chest and the other on your belly.
- Close your eyes and mouth.
- Place your awareness on your breath and not on your surroundings.
- Inhale deeply through your nose for a count of four, making sure your diaphragm, or abdomen, is expanding and not your chest.
- Exhale slowly through your mouth for a count of four.
- Continue in this way for a few breaths, or until you feel calm.



Take Some Deep Breaths– Star Breathing

- Hold your hand open like a star shape.
- Start below your thumb.
- Breathe in as you reach the top of your thumb.
- Pause at the top of your thumb.
- Breathe out as you go down your thumb.
- Do the same for each finger on your hand.
- Continue in this way for a few breaths, or until you feel calm.



Knowledge Check: Post-module Questions

What is a characteristic of civility?



Knowledge Check: Post-module Questions

What is a characteristic of civility?

- Courtesy
- Being Polite



Knowledge Check: Post-module Questions

What are two techniques of civility?



Knowledge Check: Post-module Questions

What are two techniques of civility?

- Active Listening
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Knowledge Check: Post-module Questions

Can you name one calming breath exercise?



Knowledge Check: Post-module Questions

Can you name one calming breath exercise?

- Box Breathing
- Belly Breathing
- Star Breathing



Resources

Going Home Coalition Facebook Page

<https://www.facebook.com/GoingHomeLifeintheCommunity/>

Going Home Coalition Instagram Page

<https://www.instagram.com/goinghomeillinois/>

Going Home Coalition Webpage

<https://www.goinghomeillinois.org/>

Going Home Coalition Join Us

<https://www.goinghomeillinois.org/join-us/>

Resources

[*https://www.facebook.com/revupillinois](https://www.facebook.com/revupillinois) - **Facebook**

<https://www.instagram.com/revupillinois/> - **Instagram**

<https://www.thearcofil.org/about-us/programs/advocacy/> - **Newsletter Sign Up**

[Arc of Illinois Advocacy Information Newsletter Archive](#) – **Newsletter Archive**

<https://www.goinghomeillinois.org> - **Website**

<https://www.facebook.com/GoingHomeLifeintheCommunity> - **Facebook Page**

<https://www.thearcofil.org/> - **The Arc of Illinois**

[Recordings of Modules and Slide Decks](#)

Resources

CBS Documentary – No Place Like Home: People with Disabilities Fight to Stay Out of Institutions (Long Version)

<https://www.cbsnews.com/video/no-place-like-home-people-with-disabilities-fight-to-stay-out-of-institutions-cbs-reports/https://www.thearcofil.org/>

CBS Documentary – No Place Like Home: People with Disabilities Fight to Stay Out of Institutions (Short Version)

<https://www.youtube.com/watch?v= GDG0ABlhp4>








Discussion

What do you think was a useful civility technique that you think will be helpful to you in future conversations?

What was your favorite breathing technique?

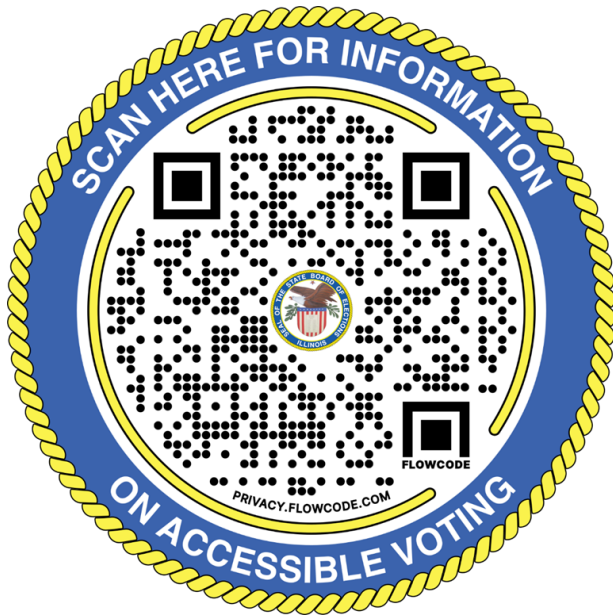


Resources

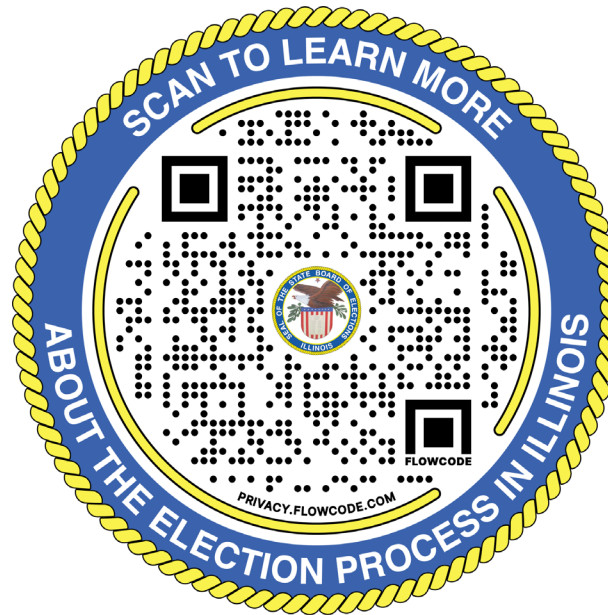
<p>Register! Educate! Vote! Use your Power!</p> <p>REV UP!</p> <p>MAKE THE DISABILITY VOTE COUNT</p>  <p>Register to Vote</p>	<p>Register! Educate! Vote! Use your Power!</p> <p>REV UP!</p> <p>MAKE THE DISABILITY VOTE COUNT</p>  <p>Find Your Polling Place</p>	<p>REV UP!</p> <p>Register. Educate. Vote. Use Your Power!</p>  <p>Like and Follow REV UP Illinois on Facebook and Instagram</p> <p> AAPD</p>
<p>Register! Educate! Vote! Use your Power!</p> <p>REV UP!</p> <p>MAKE THE DISABILITY VOTE COUNT</p>  <p>Register to Vote by Mail</p>	<p>Register! Educate! Vote! Use your Power!</p> <p>REV UP!</p> <p>MAKE THE DISABILITY VOTE COUNT</p>  <p>Voter Registration Lookup</p>	<p>For More Information: carole@thearcofil.org 815 464-1832 X 1027</p> <p> The Arc Illinois</p>



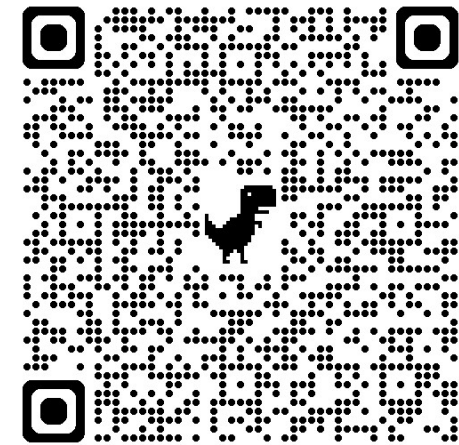
Resources



Accessible Voting



Election Process



Bonfire Store REV UP Illinois

SPEAK UP AND SPEAK OUT summit



Thank you!



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