

## ***What to do if you SAY a non-inclusive word or phrase***

Forgive

**FORGIVE:** Acknowledge what you said and forgive yourself. Apologize to an individual(s), if appropriate.

Start Over

**START OVER:** Recognize that you used a word or phrase that you are trying to remove from your vocabulary. Consider saying, "Let me start that sentence or thought over."

Understand

**UNDERSTAND:** Reflect on why you said it. Was it the first thing that came to mind or were you in an environment where it was being used?

Share

**SHARE:** Tell someone what you said. Consider identifying an accountability buddy to help you remove non-inclusive language from your vocabulary.

Practice

**PRACTICE:** Make a list of words or phrases you want to remove from your vocabulary and alternative words or phrases you can use instead. Actively practice changing your language.