MANIFESTO OF NON-HOSTILE COMMUNICATION AT SCHOOL

IT AIMS TO PROMOTE RESPECTFUL AND CIVILIZED ONLINE BEHAVIOUR.

1 Virtual is real

I only say and write on social media (class group but not only) and in videoconference lessons things that I dare to say in person.

2 We are what we say

As a teacher or a student, I do not tell lies and I do not behave like a hypocrite. I know that my speeches and the words I speak in class and in the courtyard represent me.

3 Words shape the way you think

I give myself time to express what I think. I reflect before answering so that the thought becomes a responsible and useful word for reflection within the school group. I control my emotions, paying respect to everyone so that no one feels ignored or sidelined in the discourse.

4 Listen before you speak

I listen openly to my teachers, supervisors, staff and classmates. I accept praise as much as criticism, which allows me to improve.

5 Words are bridges

Words allow us to transmit knowledge. I choose them carefully in order to understand, make myself understood and get closer to others. I make sure they cannot hurt anyone.

6 Words have consequences

I am aware that my word may have small or large consequences within the educational institution and the peer group. I make sure that my words help people rather than hurt them or put them in difficulty.

7 Share with care

I share information with my peers only after having read, understood and verified it with the help of reliable sources. I make sure they are appropriate for the school environment and do not spread hatred.

8 Ideas can be discussed. People must be respected

I listen and respect the opinions of others. I have to accept that there are different perspectives. Every one has the right to express himself and deserves to be heard

9 An insult is not an argument

At school I remain supportive and courteous. The insult is weak, cowardly and uncivilised. Verbal assault is the opposite of debating and reflecting together.

10 Silence says something too

Silence is discipline and self control.When the best choice is silence I have to do it. I avoid empty and needless words. You have to leave room for listening

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