

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.

12 ACTIVE LISTENING SKILLS

 PAY ATTENTION	 DON'T INTERRUPT	 SUMMARIZE	 MAINTAIN EYE CONTACT	 SHOW INTEREST	 REQUEST CLARIFICATION
 USE POSITIVE BODY LANGUAGE	 PARAPHRASE	 WITHHOLD JUDGEMENT	 SHOW EMPATHY	 REPEAT KEY PHRASES	 SHARE

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.

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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
- Collaborative Mindset
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- Walk Away
- Seek Resolution

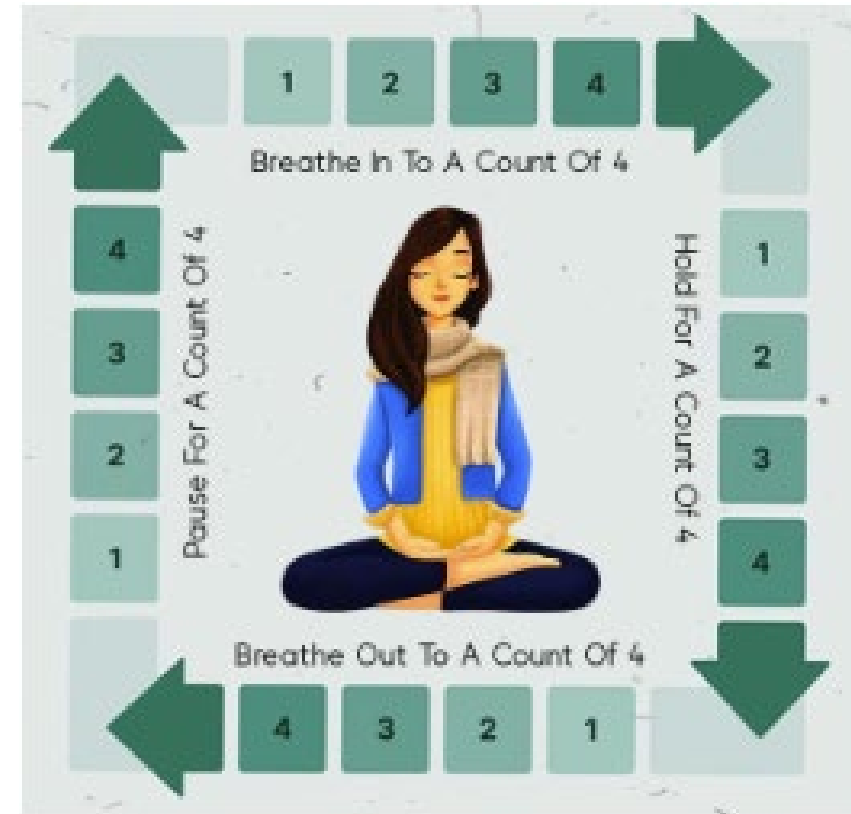
Tips and Tricks – Take Some Deep Breaths

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.



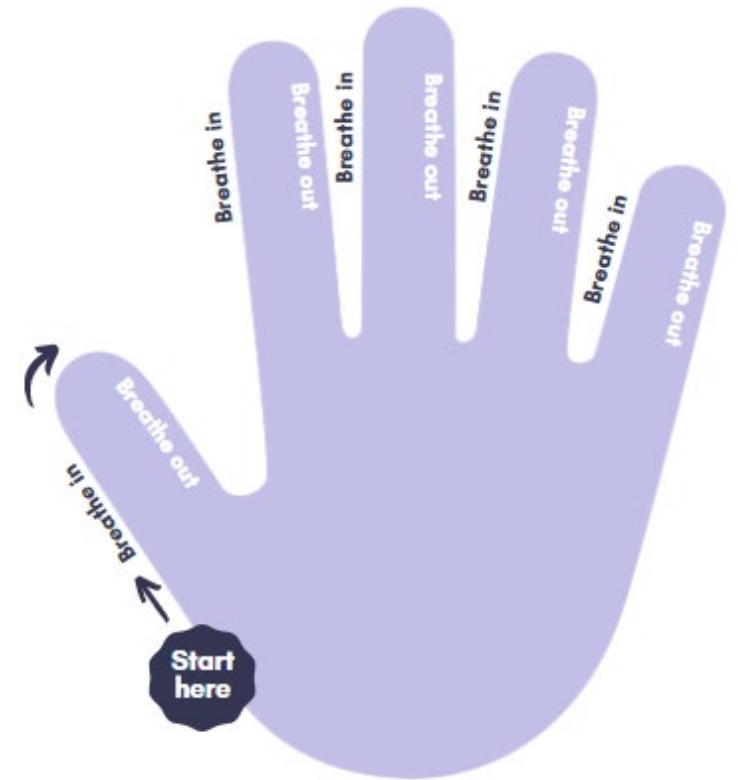
Take Some Deep Breaths– Belly Breathing

- 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?

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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



Speak Up and Speak Out!

Welcome to our advocacy initiative where self-advocates are empowered to make their voices heard.

Our goal is to facilitate meetings between self-advocates and legislators because **your voice matters** and **advocacy drives change**.

Feeling ready to set up a meeting with your legislator? Reach out to:

Sabrina Wyman, Legislative Advocacy Coordinator, The Arc of Illinois. Sabrina@thearcofil.org or 815-464-1832 ext 1016.



Speak Up and Speak Out!



Virtual
October 9th–11th



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

The Arc of Illinois Website

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

The Arc of Illinois Newsletter

<https://www.thearcofil.org/take-action/sign-up-for-enewsletter/>

[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?



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Thank you!



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Contacts

Carole Rosen

Going Home Coalition Manager

carole@thearcofil.org

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

815-464-1832 x1027

Sabrina Wyman

Legislative Advocacy Coordinator

sabrina@thearcofil.org

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

815-464-1832 x1018

Elian Sorensen

Going Home Coalition Coordinator

elian@thearcofil.org

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

815-464-1832 x1012

Becca Schroeder

Director of Development

becca@thearcofil.org

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

815-464-1832 x1018