

# KITCHEN TABLE CONVERSATIONS

How to have dialogue about important topics with people you love, even when it's hard.



## GET READY TO TALK ABOUT DIVERSITY, EQUITY, AND INCLUSION

Think about past conversations you've had with the people you love. How can you creatively address past challenges? What's worked?

Set up your space with ground rules. These will be different for every family. If your conversation is more informal, make rules for yourself about how you will engage.

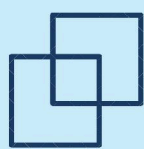


## START THE CONVERSATION

Decide how you want to have the conversation. Over dinner? About a movie you watch together?

Be intentional about asking an open-ended question to begin.

**"Do you think that if the character was a different race, they would have been treated differently?"**



## ENGAGE WITH DIFFERENCE

Model compassion through the LARA Dialogue Tool when engaging with loved ones with different opinions and worldviews.

Ask everyone what they are hearing when you speak to ensure that your intent is matching your impact.

**"I'm concerned that you might be hurt by what I said—what did you hear when I said that?"**



## GO DEEPER

If it seems like your family is on the same page surrounding the issues you are discussing, this could be a great opportunity to engage in deeper conversations with one another. Invite them to continue the conversation and be curious about their perspectives!

## SUPPORT YOUR COMMUNITY WITH YOUR FAMILY:



- Write letters to representatives
- Call with other family or friends to engage them in the conversation
- Watch a movie about the topic you've been discussing
- Volunteer for a different cause every month-- each family member can pick!

Infographic by: