

LET'S TALK ABOUT INCLUSION

With interesting conversation starters, you can spark fruitful discussions!
Conversations can unlock doors in others, and ourselves.
Here at Include.sg we'd like a little something **more**.

In the next page, you will find a set of "conversation starters", in the form of conversation cards, that can be used to start meaningful discussions surrounding Inclusion. These cards will help us get ready to go deeper, and open us up to new themes or possibilities when we speak about Inclusion.

How to use the conversation cards:

1. Look to three - five members in a group so that there is enough conversation to go around
2. Share the cards with members (preparing physical cards may be an interactive way of using them, but using a digital copy as a guide works great too)
3. Have clear intentions to be a good and curious conversational partner
4. Pause and listen fully, ask questions, respect diversity and be open!



This is just one of many ways to get a conversation going!
You can also consider using them as:

1. Posters as part of a classroom's decoration
2. Flash cards for use in classrooms
3. Desk flip cards
4. Game cards

What else would you try? Post your experience, photos and ideas on our Community Stories.

LET'S TALK ABOUT INCLUSION

Share your thoughts on **Inclusion** with a friend and listen to their thoughts, too.

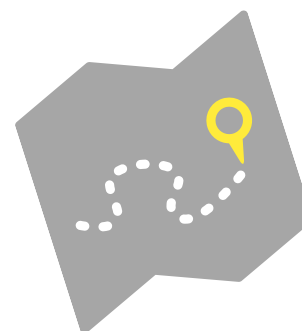
Being Inclusive is a **mindset**

Leading a life of inclusion is simply a choice that begins with a subtle shift in the way I look at someone who is different from me.

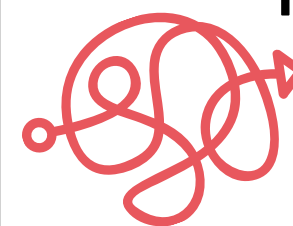


Being Inclusive should be a **way of life**

Cultivating Inclusion is a powerful way to enrich our lives and those around us. It helps build empathy which has been known to reduce stress and foster resilience.



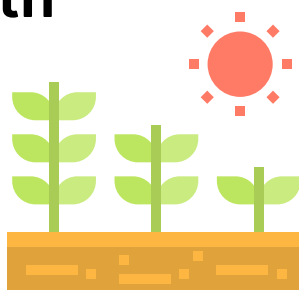
Being Inclusive **isn't as difficult** as you think



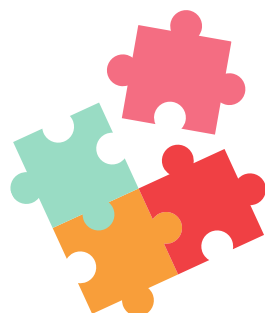
There is a misconception that inclusive practices requires effort. The real effort however is being able to overcome that mental barrier.

Being Inclusive is **key to growth**

We must recognise that we all have unconscious biases, and we must be brave enough to confront them within ourselves.



Being Inclusive begins with a **willingness to connect**



The simple act of sharing has the power to build bridges and open the doors.

Being Inclusive is **not tolerance**, it's **unquestioned acceptance**.

Understanding that there is no better or worse, and fitting in to the social norms of a majority is not a pre-requisite.



Inclusion helps foster a **sense of belonging**



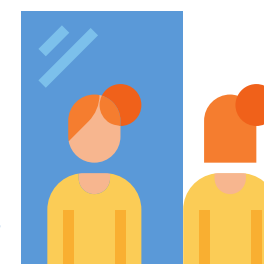
A sense of belonging is a human need. It's been known to improve motivation, health, and happiness. Inclusion is building a community that is accessible to everyone.

Inclusion embraces the fact that **everyone has value to share**.

There is always something we can learn from those different from us. All that we need is an open heart and mind coupled with a willingness to listen.



Inclusion starts with **I**.



The responsibility of building an inclusive society shouldn't solely lay with policy makers, social workers, and community organisers. It's a shared responsibility that starts with us as individuals.



Cut these out to make yourself a deck of conversation starters.