



Be Kind, Not Just Nice: Transforming Your Conversations

Session Description:

We all know the phrase "if you're not going to say something nice, then don't say anything at all." But what do we do when others don't follow that rule? What about when unkindness impacts people and communities we care about, including our LGBTQ+ loved ones? What do we do when being kind means speaking up and not being so nice? Join the PFLAG National team to learn some of the skills you need to transform your conversations and stand by what you believe in without becoming unkind yourself.

Content Overview:

Staying kind in the face of bias, bad faith arguments, and conflict is extremely difficult (for all of us). Leveraging PFLAG's 50 years of experience as the nation's original ally organization, this session will:

- Review the strategies from "Be Kind, Rewind: Recognizing Your Role in Building Inclusion" to help us stay mindful and kind when conflict arises;
- Consider various scenarios to develop the skills we need to deal with unkindness without becoming unkind ourselves;
- Identify methods to determine when something is being said or someone is asking questions in good faith or bad faith;
- Frame our strategies to be used in different aspects of our lives including with friends and family, at work, and in online spaces; and
- Get resources to help inform your kindness strategies into the future.

Session Length:	90 minutes (in-person or hybrid), 60 minutes (online only)
Target Audience:	Audiences who have gone through PFLAG's "Be Kind, Rewind: Recognizing Your Role in Building Inclusion" workshop
Participant Materials:	Online resource page
Additional Information:	"Be Kind, Rewind" is a prerequisite for this course This session is not exclusively focused on LGBTQ+ identities PFLAG is a non-partisan, 501(c)3 organization

For more information on this session, please contact training@pflag.org.

Updated January 2025