



Be Kind, Even When It's Tough

Session Description:

In tough times, having difficult conversations with our friends, family, colleagues, and community is more important than ever. But staying kind in the face of unkind behavior, bad faith arguments, and conflict is extremely difficult (for all of us). In this session, participants will solidify their skills in managing complex moments of tension while still treating others with kindness. We'll discuss multiple nuanced real-world scenarios where kindness can be deeply transformative in this highly interactive learning session.

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:

- Consider various skills we must develop to maintain our composure and create kind conversations, even in moments of tension;
- Discuss some of the most common bad faith arguments you may hear when talking about LGBTQ+ equality - and simple ways to counter them;
- Engage in scenario-based learning to explore how we may personally respond in moments of conflict and find ways to grow together; and
- Get resources to help inform our kindness and safety strategies in 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" and "Be Kind, Not Just Nice" workshops
Participant Materials:	Online resource page
Additional Information:	"Be Kind, Rewind" and "Be Kind, Not Just Nice" are prerequisites for this course This session will focus on potentially triggering topics and conversations.

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

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