



THE  
**A** **B** **C**<sup>S</sup>  
OF  
**DIVERSITY**

*Helping Kids (and Ourselves!)  
Embrace Our Differences*

**CAROLYN B. HELSEL & Y. JOY HARRIS-SMITH**



# *The Authors*



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*Love makes us write. As moms, we love our kids. We want our kids to live long, healthy, and happy lives, and for us that means that they are able to be in good relationships with persons from different backgrounds whose life experiences can greatly enhance our kids' knowledge and understanding of the world. We want them to be kind and to learn to live with people who are different from themselves, because that is our world. We want them to thrive in it. We think you want the same for your kids too.*

*-Carolyn and Joy*

## *Let's Connect!*

We want to hear from you!



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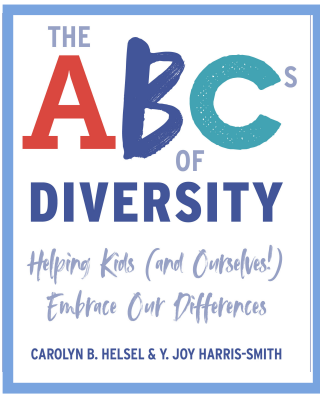
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# #1 Automatic ABCs

## UNHELPFUL BUT PREDICTABLE RESPONSES

"So if these three tendencies—being Afraid, Backing away, and Control—are unhelpful responses to learning the language of diversity, how can we train ourselves to react differently and be more effective in our communication, responding with a greater sense of compassion and inclusivity toward others?" (page 10)

### A-Afraid

If you are *afraid*, ask yourself what makes you feel afraid in this space?

### B-Back Away

If you notice yourself physically wanting to *back away*, figure out why.

### C-Control

If you notice the impulse in yourself to control the circumstances, figure out why. Observe your reactions. Write them down, rather than running away from them.

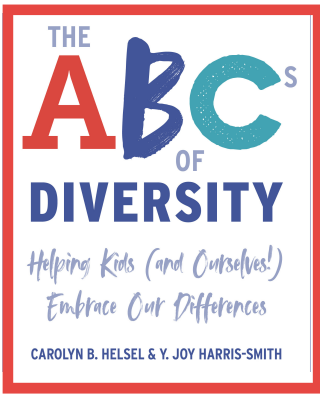
Record your thoughts and responses in the space below. Feel free to use the back of the page if needed.

Afraid

Back Away

Control





## #2 *Intentional ABCs*

### PERSONAL INTROSPECTION TO STAY ENGAGED

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"Acknowledging difference, Being present to the diversity around you, and Coming closer to persons who are not like you are three ways you can begin to learn the language of difference." (page 12)

#### A-Acknowledge

What happens when you *acknowledge* the diversity around you?

#### B-Be present

Notice how you can sit with the feeling of being uncomfortable and *be present* to this opportunity.

#### C-Come closer

In what way could you physically *come closer* to someone and begin a conversation?

Record your thoughts and responses in the space below. Feel free to use the back of the page if needed.

#### Acknowledge

#### Be present

#### Come closer

# #2 *Intentional ABCs Notes*

PERSONAL INTROSPECTION TO STAY ENGAGED

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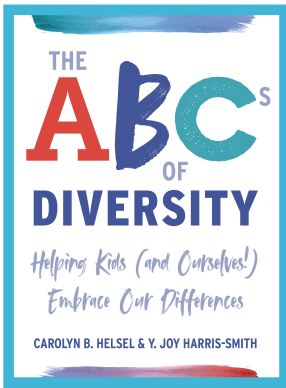
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#2: *Intentional ABCs (Personal Introspection to Stay Engaged)*



# #3 *Interpersonal ABCs*

BUILDING A MORE JUST SOCIETY

"Access the information and the people near you; build upon what you have accessed; and don't forget to cultivate new relationships, networks, and opportunities to nourish life all around you, particularly those whose lives are most threatened." (page 14)

## A-Access

What information do you have at your disposal for the interpersonal or social dynamics going on around you? To what resources (networks of relationships or skills) can you give others access to help them better navigate this situation?

## B-Build

How can you build upon what you already know--or the resources you can access or the people you know--to build a deeper connection with others in this space?

## C-Cultivate

What can you contribute to the mutual flourishing of yourself and the people you are getting to know? How can you cultivate within yourself a capacity for lifelong learning and adjusting to the new?

Record your thoughts and responses in the space below. Feel free to use the back of the page if needed.

Access

Build

Cultivate

