



Thoughts we should keep in our head are:

Insults

Negative comments

Opinions in a disrespectful way

Comments about weight or physical appearance

Prying or really personal questions

Comments about politics, religion, or race (depending on when and who you're talking to)



These are things we can say out loud:

Helpful thoughts

Positive comments

Opinions in a respectful way

Compliments about physical appearance (if they won't make others uncomfortable)

General questions

Compliments