## **Engaging in Tough Conversations:** Creating a Culture for Healthy Discussions in the Classroom



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## AGENDA

- INTRODUCTIONS
- EXPERIENCES
- CREATING COMMUNITY GUIDELINES
- NAVIGATING TOUGH TOPICS
- HEALTHY VS UNHEALTHY
  DISCUSSIONS
- Q&A

## Introductions

#### Nicole

Hispanic & White Cisgender Neuro-*spicy* Woman

PWI & Private Undergrad

2018 Bush School Graduate

Higher Ed & Nonprofit Professional



#### Crystal

Black & Hispanic Cisgender Woman PWI & HSI Private Educated Higher Ed Professional Doctoral Student



## Our Community Guidelines

Be Present



Everyone has a Voice



Listen Actively

60

Be Open-minded



Mutual Respect Promotes Creative Thinking Generate Light, not Heat





Off-topic comments will be "Parked"



## EXPERIENCES

**Responses to Healthy Relationships Lesson** 

After Healthy Relationships Lesson:

"Talking about our relationships, and what we do in them has no place and is extremely inappropriate for the classroom."

#### Impact of Language Session Scenario

In the Cultural Politics class, students were asked to bring a cultural object to display that meant something to them and share it for introductions. Student W brought a traditional head covering that has been passed down in her family and is very special. Prior to sharing, Student Y picked up the covering and pretended to wrap it around herself like a top. She said "Look at my new blouse! Just kidding, this rag looks so old. Who even brought this?" And laughed back to her seat. How do you feel & what would you say/do?

## What experiences have you had?

What unexpected or difficult topics have come up?

## What are you anxious about experiencing?

## Creating Community Guidelines for the Classroom

#### **Purpose of Community Guidelines**

- 1. Set the expectations & foundational rules for the space
- 2. Acknowledge that everyone is included and valued in the space

#### How to Create the Guidelines

- 1. What would make **you** feel safe and encouraged to help create these guidelines/ speak in class?
- 2. Vocalize you want contribution in creating the guidelines and actively listen to ideas (more listening, less editing)
- 3. Create guidelines in a shared and accessible space (immediately put in canvas, google drive, etc)
- 4. Reshare throughout semester; accountability

#### \*Bonus: Share Guidelines for Yourself

1. Create guidelines for yourself that you **also** share with your students

## Navigating Tough Topics

#### **Setting the Tone**

- 1. Content warnings, caution and care
  - Give students permission to feel and address adverse feelings as they happen, even if unexpected
  - Acknowledge any triggers that apply to you if willing/able
- 2. The "WHY"
  - Explain why you are taking on this topic. How will it help them succeed/ learning objectives
- 3. Modeling Behavior
  - a. Tone
  - b. Calling back to guidelines

## Navigating Tough Topics - Continued



#### Tools to Use in Class



include diverse voices

and perspectives,

and foster

participation.

to promote student

engagement and inquiry,

progressing from cooler

to hotter issues.



Guide discussion with tools for analyzing sources, exchanging ideas, moving from small groups to whole group, and attending to equity.



Communicate proactively with students, parents, colleagues, and administrators about issues that will be studied.

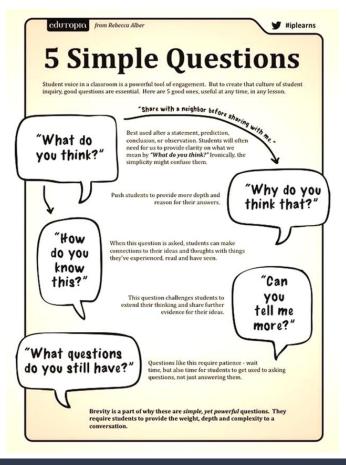


Address emotions by creating space for processing them, using de-escalation moves as needed, and developing self-awareness.

#### Know-Heard-Learned Chart



Tools to Use in Class



Tools to Use in Class

#### EIGHT TIPS FOR PRACTICING ACTIVE LISTENING IN THE CLASSROOM

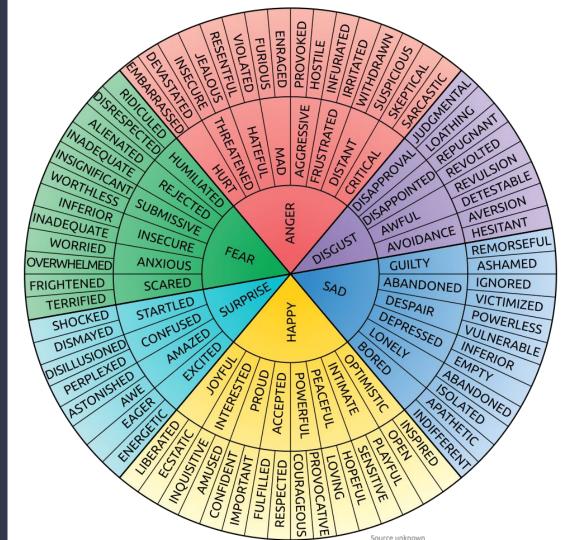
written by Diana Benner | October 29, 2021



#### Tools to Use in Class

## Healthy vs. Unhealthy Discussions

## Feelings Wheel



## Body Language

## What does the room look like?

What do your students look like?

What do you look like?



### 5 QUICK DE-ESCALATION TIPS



**De-Escalation Tips** 

## Back to your experiences...

How did you address them?

How could you address them?

# What questions do you have?



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