**Values and Commitments**

August 11, 2015  
RVUSD

* First do no harm
  + Pause, time to think, think about the outcome
* Empathy, Kindness, Respect, humor
  + Trying to help, not hurt
  + Being accepting of others
  + Being inclusive
  + Watching out for others
* Kindness, connection
  + Smile, greeting
* Integrity
  + Open honest communication
* Love
  + Listen with an open heart
* Growth, willing to grow!
  + Striving to do your best
* Risk-taking, autonomy, respect
  + Listening with your heart
* Reflective, Positive regard (UPR), genuine, empathetic, unconditional
  + Taking time to really see/hear others
  + Listen to hear, not to respond
* Non-judgmental, unconditional
  + Listen, even when you are mad
* Love, Kindness
  + Willingness to take risks and lots of hugs
* Respect, empathy, kindness, creativity, honesty, responsibility, integrity
  + Using please and thank you tool
  + Listening attentively while someone is speaking
* Understanding, mutual respect
  + Listen
* Respect
  + Listening(really listening)
  + Follow “rules”
  + Empathetic
* Empathy
  + Kindness
* Positivity and respect ☺
  + Best effort
  + Trying/putting forth something
  + Smile
* Bright words
* Respect
  + Give it to receive it
* Kindness
  + Finding ways to help each other
* Kindness
* Integrity
  + Tell the truth
* Compassion, empathy, tolerance
  + Being available to others
* Empathy
  + A student apologizing
  + A student sticking up for another student
* Responsibility
  + Owe it!
* Honesty
  + Communication dealing with the elephant in the room
* Honesty, integrity, individuality, perseverance, respect, creativity
  + Listening without judgement
  + Accepting everyone for who they are
  + Assuming positive intent
* Community
  + Helping others without expecting a reward – just because it is good for the community
* Mutual respect
  + Listening when others are talking
  + Conscientious feelings
* Kindness, trustworthy
  + Thinking of other’s feelings
* Trustworthy and safe
  + Being true to your word-being present, available
* Love
  + Selflessness- a tireless pursuit towards for or with something of a core value
* Kindness, love, trust, honor, respect
  + Listening attentively when someone is speaking
* Genuine
  + Eye contact