



HOW TO BUILD COMMUNITY



**THIS FREE RESOURCE IS DESIGNED TO
HELP BUILD SAFER, STRONGER, AND
MORE CONNECTED COMMUNITIES
REGARDLESS OF GENDER, SEXUAL
ORIENTATION, EXPRESSION, ETC.**

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STEP OUT

- **LEAVE YOUR HOUSE. TAKE A PHONE BREAK.**
- **SPEND TIME AT YOUR LOCAL PARK. EXPLORE PARTS UNKNOWN.**
- **SAY YES TO NEW EXPERIENCES. BE A BEGINNER.**



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CONNECT IN PERSON

- GREET YOUR NEIGHBOUR. TALK TO A STRANGER (OR TWO).
- ATTEND A GATHERING. HOST A GATHERING.
- CALL INSTEAD OF TEXT.
- SPEAK YOUR SUPPORT ALOUD.





BE PRESENT

- **BE WHERE YOUR FEET ARE. NOTICE THE ORDINARY.**
- **SEEK INSPIRATION IN EVERYDAY PLACES.**



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GIVE AND RECEIVE

- **SPREAD KINDNESS. SHOW COMPASSION FOR OTHERS, AND FOR YOURSELF.**
- **LET OTHERS IN. SHARE YOUR WISDOM AND RESOURCES.**
- **BE THE ONE TO INVITE SOMEONE FIRST.**
- **CHECK IN ON ONE FRIEND.**
- **ACCEPT HELP WHEN YOU NEED IT.**





STAND UP AND SPEAK OUT

- **SPEAK UP FOR THOSE WHO CANNOT.**
- **LET SMALL TALK BE AWKWARD. GROWTH IS UNCOMFORTABLE TOO.**



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LOVE AND CURIOSITY

- **STAY CURIOUS. STAY COMPASSIONATE.**
- **LOVE YOURSELF. LOVE YOUR NEIGHBOUR DESPITE YOUR DIFFERENCES.**



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