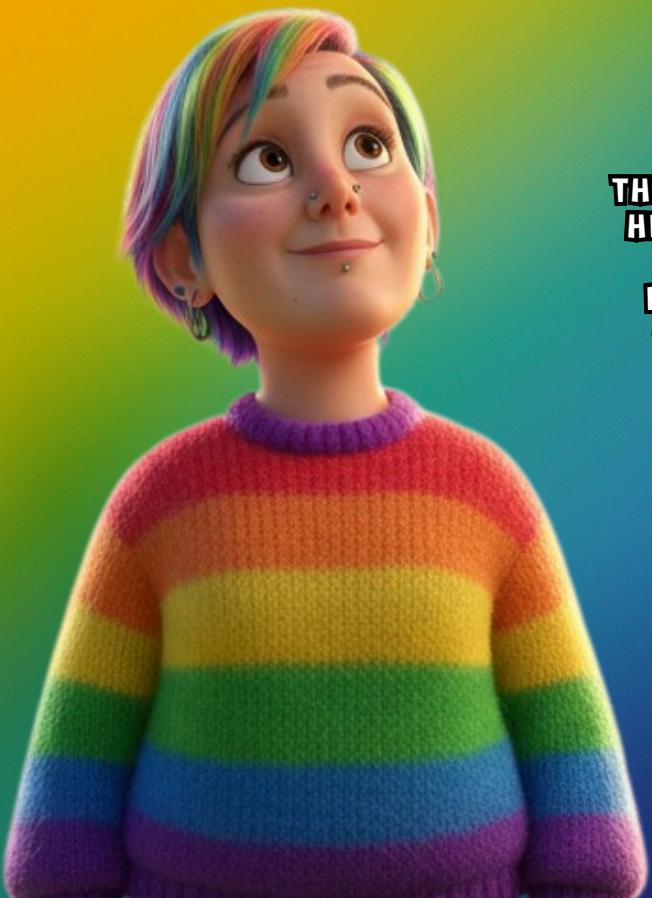




# HOW TO BUILD COMMUNITY

A 3D rendering of a young person with short, colorful hair (rainbow streaks) and a nose piercing, wearing a rainbow-striped sweater. They are looking up and to the left with a slight smile.

**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.



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# 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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