

## **Gender, Sexuality and Identity**

### **Trust and Respect - Video 1**

Host:

We all have secrets. Some we can share, some we cannot. Secrets make us feel vulnerable. What do we need in order to share vulnerable information about ourselves with others? What do others need in order to share vulnerable information with us? We want to feel safe, and create a feeling of safety for others. We need an atmosphere of trust and respect, and to be able to provide an atmosphere of trust and respect for others. Respect and trust. Privacy and confidentiality. Positive regard without judgement. These are important ingredients for a healthy and successful work environment. What role does communication play? Which active listening skills might be used in conversation where sensitive information is being shared and discussed?