

# A JOURNEY OF RESPECT

Psychological well-being is a journey we undertake together. The quality and safety of our working environment also depend on us.

KEEP A SAFE DISTANCE FROM LABELS AND BIAS

RESPECT EVERYONE'S PRIVACY AND BOUNDARIES: IT IS PART OF THE JOURNEY

WRITE CAREFULLY: EVERY WORDS COUNTS

IF YOU FEEL YOU'VE TAKEN A WRONG TURN, ASK FOR DIRECTIONS

RECOGNISE THE WARNING SIGNS OF HARASSMENT AND BULLYING BY APOLOGISING

1

GREETING YOUR COLLEAGUES IS JUST LIKE TURNING ON YOUR HEADLIGHTS

2

3

AVOID RISKY MANOEUVRES: DO NOT USE HARSH WORDS OR GESTURES THAT MIGHT HURT SOMEONE ELSE

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5

IF YOUR BLOOD PRESSURE RISES, STOP FOR A MINUTE, BEFORE RESUMING YOUR JOURNEY SAFELY

6

7

BEFORE YOU HONK YOUR HORN, TRY TO IMAGINE WHAT IT WOULD BE LIKE IF YOU WERE THE ONE DRIVING THE OTHER CAR

8

9

IF YOU'VE UPSET SOMEONE, GET YOUR RELATIONSHIP BACK ON TRACK BY APOLOGISING

10