Ever said something you wish you could take back?

If you have made an unintentionally racial, homophobic, or shaming statement... here are some steps you can take:

Acknowledge the harm caused by your statement. This means recognizing that the statement may have been hurtful or offensive.

Apologize for your statement, and take responsibility for any harm caused. Make sure your apology is sincere and heartfelt.

Listen to the feedback of those who were offended. Try to understand their perspective. Learn from the mistake and avoid making similar statements in the future.

Educate yourself on issues of race/racism/LGBTQ+/homophobia/shaming and work to become more aware of your own biases and assumptions. This will help avoid similar statements in the future.

Take Action to make amends and show that you are committed to making things right. This might involve making a donation to a relevant organization, volunteering your time, or speaking out in your community.

SCIENCE TO THE STATION · A HEALTH & WELLNESS ALLIANCE ·

DON'T be an ASSHOLE!

Remember that it is important to take responsibility for your words & actions, even if they were unintentional. By taking steps to make things right, you can help to promote understanding, empathy, & respect for all people.