
THE DIGNITY INDEX®
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CONTEMPT
DIGNITY
Ease Division, Prevent Violence, Solve Problems


Honestly, it will help you
relay your message better

The Problem = Contempt

- We believe that the problem isn't that we look different, or believe differently
- ***The problem is the contempt we have for those who are not like us.***
- Contempt isn't the most common word, but we believe it describes what is at the **heart of our divisions**.

What is Contempt?

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The feeling of **disdain** or **disgust** for another group; treating another as **vile** or **worthless**.

Treating People with Contempt

- **Dismissing** them as not worth talking to
- **Looking down** on them
- **Calling them names**
- **Questioning** their motives
- **Attacking** their character
- **Mocking** their background
- Lumping them together in large groups under **negative labels**

The Solution = Dignity

- Dignity is the opposite of contempt- the belief that we are **born with inherent worth.**

- If people feel their dignity is honored by others, they are **less likely to resort to contempt.**

- Dignity is the key to healing in our relationships, our schools, our families, and our communities.

What is Dignity?

"The mutual recognition of the desire to be seen, heard, listened to, and treated fairly; to be recognized, understood, and to feel safe in the world."

Dr. Donna Hicks

Treating People with Dignity

- Offering others **care and attention**
- Making sure they feel **free to speak**
- **Hearing what they've been through**
- Giving the **benefit of the doubt**
- Making them feel **they belong**
- **Acknowledging** their gifts and accomplishments

Contempt

A feeling of disdain or disgust for another person or group.

I see myself *above* you



Dignity

The inherent worth we all have from birth

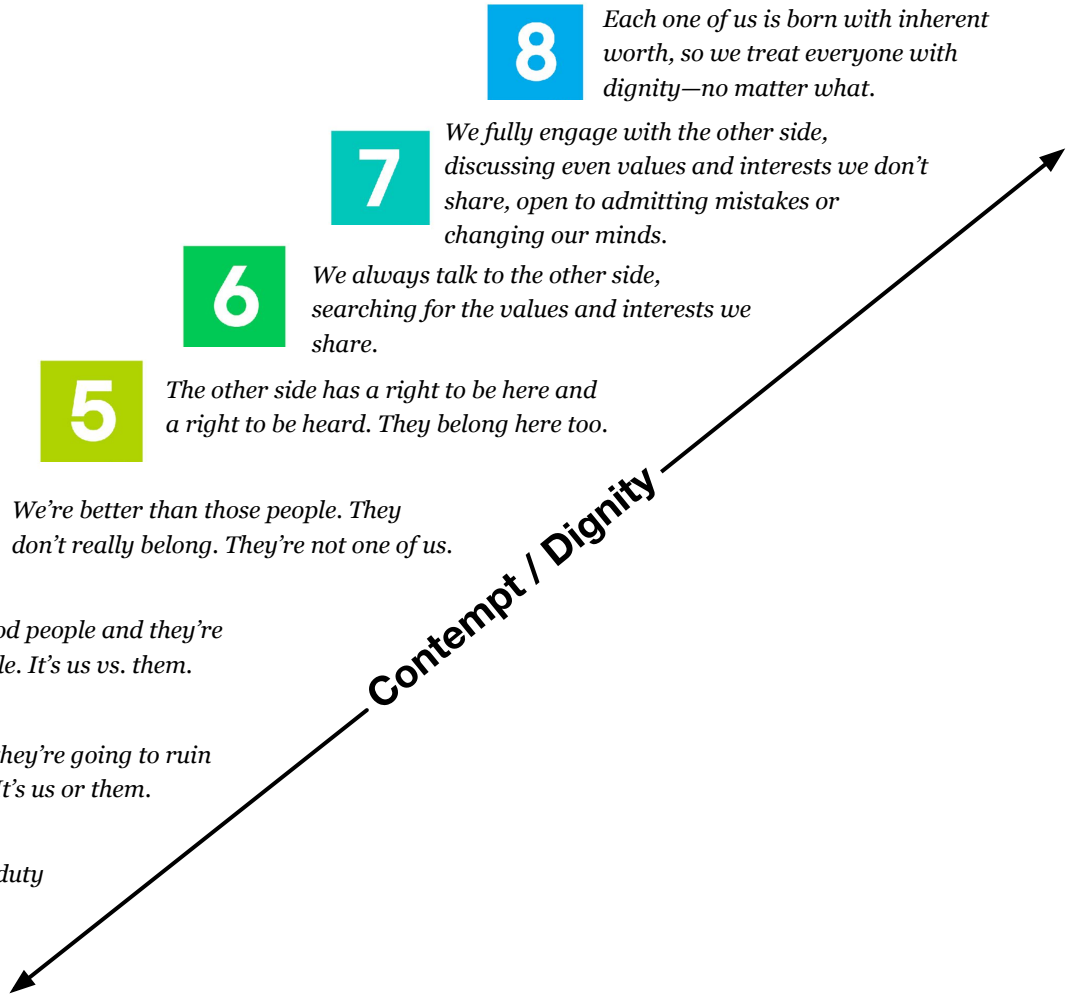
I see many of my own traits in you



THE DIGNITY INDEX®

The Index focuses on **language that is spoken in moments of conflict**. It's not *that* we disagree; it's *how* we disagree.

It can reveal how we **treat** each other when we **disagree** and how we **respond** when we're angry or hurt.



THE DIGNITY INDEX®

The Mirror Effect

We think **The Dignity Index**
is a tool for judging others.
Then we find it is a **mirror**
for seeing ourselves.



Why This Matters to Us as the Ivins City Youth Council:

- Bullying and mental health challenges can significantly impact our teens' lives, their academic success, and their future contributions to Ivins City.

- Creating a culture of dignity and support is essential for a positive and resilient Ivins that prioritizes the well-being of its youth.

📊 Bullying & Cyberbullying Among Utah Teens

- **22%** of Utah students in grades 6, 8, 10, and 12 reported being **bullied on school grounds** in the past year.
- **26.5%** of students reported being **threatened or harassed online** (cyberbullied) in the past 12 months.
- **Girls** are more likely than boys to report experiences of cyberbullying.
- **60%** of students with disabilities report being bullied regularly, compared to **25%** of all students.
- Common forms of cyberbullying include mean messages, rumors spread online, and being deliberately excluded from online groups.

🧠 Mental Health Challenges

- In 2023, 37% of Utah teens reported feeling sad or hopeless for at least two consecutive weeks in the previous year.

- According to a statewide youth survey, 22% of high school students in Utah seriously considered attempting suicide in the past year, and 10% had attempted suicide.

- From 2021 to 2023, the age-adjusted suicide rate in Utah was 20.93 per 100,000 persons, with an average of 685 suicides per year. Suicide was the second leading cause of death for Utahns ages 10 to 17 during this period.

Build Skills for Dignified Disagreement



Be curious, not furious

When there is a disagreement, approach it with curiosity, using language that invites dialogue.



Regulate then debate

When you start to get upset, pause and take a breath before speaking.



Listen to understand, not respond

Really listen to the other person and consider summarizing briefly what you heard.



Challenge ideas, don't attack people

Speak your truth but do it with dignity.



Acknowledge knowledge

When someone else makes a logical or interesting point, acknowledge their point.



Build up rather than tear down

Advocate, explain, and build up your idea rather than attacking or dehumanizing others.

WONDERING WHAT YOU CAN DO?

WATCH THIS VIDEO, VISIT THE DIGNITY INDEX WEBSITE AT:
https://www.dignity.us/

AND…

TAKE THE DIGNITY PLEDGE TO DO BETTER


without democracy.

Let’s Be Social!

Scan the QR Code to connect on our Social Media

Check Out the Website

dignity.us

Get In Touch!

karren@unite.us

SCAN ME