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Code For Respectful Storytelling

1. **Tell your own story.** If relating events that involve others focus on how they impacted you or how you witnessed certain events.

2. **Be specific.** Sharing sensory details such as the colors you saw, the sounds you heard, or how something made you feel helps your audience live through the story.

3. **Be yourself.** Be present in the moment. Let yourself be vulnerable. Let your personality come through. The audience will respond to your authenticity.

4. **Be honest.** Revealing vulnerabilities or challenges help an audience relate and trust you. We are all human. The most effective stories convey nothing but truth, without embellishment.

5. **Keep it short.** 5-7 minutes can stay with your audience for years.