

HAVING GOOD MANNERS ISN'T OLD-FASHIONED!

Living side by side isn't that hard... but it does require a minimum of consideration for others, some common sense and a bit of respect!

Our *Together we see clearly. Let's act against violence* campaign deals with important and serious issues. Since things can't be resolved solely through rules, procedures and formal

language, we've slipped in a brief, deliberate pause, slightly out of sync with the other content: *The (sorta unofficial) Charter of Social Etiquette* as well as a *Self-assessment grid* to help you determine whether or not you're an uncivil person!

With this *Charter*, our aim isn't to lecture anyone. Rather, it serves as a kind and humorous reminder that respect, active listening and

consideration for others remain essential skills, even when we're working hard, we're in a hurry or we already think we've got everything figured out.

Take it for what it is: a bit of fun, a quick and slightly tongue-in-cheek look in the mirror, and an invitation to think things over without taking yourself too seriously!



THE (SORTA UNOFFICIAL) CHARTER OF SOCIAL ETIQUETTE



Section 1 — Of your life in public

You are free to exist, but not to intrude. Leave some room for those around you.

Section 2 — Of sound volume

Your voice isn't meant to drown out the karaoke contest next door. If everyone can hear you, that means you're putting on an unsolicited show.

Section 3 — Of the telephone

Your phone is smart. Be smart too and use it discreetly.

Section 4 — Of conversations

Talking is great. Listening and letting others finish their sentence is even better.

Section 5 — Of your opinion

You're entitled to your own opinion, but you don't have to share it at all times.

Section 6 — Of punctuality

Being late is like stealing other people's time. "I'll be there soon" does not mean "I'm leaving soon."

Section 7 — Of food in public

If the smell of your food is stronger than your personality... you might want to rethink your choices.

Section 8 — Of other peoples' lives

You're a guest, not an inspector. Some comments are best left unsaid, especially those about the housework.

Section 9 — Of personal space

If you can read a text message on someone's phone, you're too close. Take a step back.

Section 10 — Of basic courtesy

"Hello", "Thank you", "Excuse me" are words that cost nothing but deliver exceptional social returns.

Section 11 — Of social media

Not everything deserves a *story*. Sometimes, simply living in the moment is enough.

Section 12 — Of group energy

Help set a positive mood, not an awkward one.

Section 13 — Of alcohol and judgment

If you can't remember your night out... it's because everyone else does.

Section 14 — Of humour

Making people laugh is great. Making people feel uncomfortable to get a laugh isn't.

Section 15 — Of the ultimate rule

Before you act, ask yourself: "If everyone did that... would it be bearable?"

Having good manners doesn't mean being perfect. It means being respectful—and just a little strategic—to make life more pleasant, both for yourself and for others.

HOW GOOD ARE YOUR MANNERS?

Self-assessment grid

Because everyone thinks they're great...
until proven otherwise.

How does it work?

For each statement,
give yourself a score:

0 = No

1 = Sometimes

2 = Most of the time

1 My relationships with others

- I let others speak without interrupting them: ____/2
- I show genuine interest during conversations: ____/2
- I respect different opinions without getting upset: ____/2

2 My social behaviour

- I'm not always on my phone when I'm with other people: ____/2
- I don't force my videos, calls or notifications on others: ____/2
- I am truly present in the moment: ____/2

3 My respect for time

- I arrive on time (or let people know in advance if I will be late): ____/2
- I respect other people's time: ____/2
- I cancel at the last minute without a valid reason: ____/2

4 My behaviour in social situations

- I'm good company during meals: ____/2
- I'm mindful of the smells and noises I make: ____/2
- I adapt to the local rules and context: ____/2

5 My social awareness

- I respect other people's personal space: ____/2
- I notice when someone is uncomfortable: ____/2
- I make sure I don't hog the limelight: ____/2

6 My communication skills

- I say "Hello", "Thank you" and "Excuse me": ____/2
- My sense of humour makes people laugh without making anyone feel uncomfortable: ____/2
- I think before I speak: ____/2

Result

Total: ____/36

Interpretation

30 to 36 points **Socially elegant:** you make life more pleasant for those around you.

22 to 29 points **Pleasant, but room for improvement:** Tweak a few things and take it to the next level!

15 to 21 points **High social risk zone:** You have some work to do, but nothing is impossible.

0 to 14 points **Good manners alert:** It's time to read the *Charter* again.