

**APPENDIX B**

**“ACQUITS”  
Conversation Techniques\***

- **A - AGREE**  
We agree to the following to promote an inclusive dialogue:
- **A - AFFIRM**  
To affirm others and their ideas and experiences.
- **C - CONTRIBUTE**  
To contribute to the conversation in order to move it forward.
- **Q - QUESTION**  
To ask open-ended questions to elicit deeper understanding.
- **U - UNITE**  
To unite or connect with others and their experiences by being considerate.
- **I - INCLUDE**  
To include others by bringing them into the circle.
- **T - THANK**  
To thank others and extend our gratitude to them.
- **S - SHARE and STOP**  
To share one point, breathe, and stop.
- **S - SELF-REGULATE**  
To self-regulate by being aware of and adapting how long we talk.
- **S - SET PARAMETERS**  
To respectfully set—and accept—parameters to create an optimal learning environment for everyone.

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