



Traffic Light Worksheet

Using traffic light signals as our guide, we will examine our individual behaviors and our chapter practices.

- **Red light** issues represent things you want to stop doing as an individual and activities you believe should be stopped in the chapter. For example, your chapter may have a “idiot of the week” award for embarrassing actions at a party or a chapter meeting.
- **Yellow light** issues represent things you want to get feedback on or you think the chapter needs feedback on. For example, if you were telling potentially sexist jokes or calling new members “babies,” you would want to ask if people feel embarrassed by those words. If you feel guilt or regret at any chapter activity, it needs to be examined – this would be an example of a yellow light activity.

List some **red light** and **yellow light** behaviors.

Red Light Behaviors & Activities Examples: Saying, “That’s so ghetto,” calling people ethnic slurs – even as a joke, forcing/pressuring members to drink when they don’t want to	Yellow Light Behaviors & Activities Examples: Gossiping, or end-of-year “awards” that recognizes the sleaziest, biggest beer belly, and so on
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Green Light Behaviors and Activities

One of the essential element of dignity is to acknowledge another person’s dignity – “give people our full attention by listening, hearing, validating, and responding to their concerns, feelings, and experiences.” Answer the following questions:

1. What are the chapter activities that we do to make others feel valued, important, and dignified?
2. Who are the role models who validate others and build a culture of dignity?
3. What are they doing to reward and recognize other members?
4. What else are individuals doing to build a culture of dignity in the chapter?