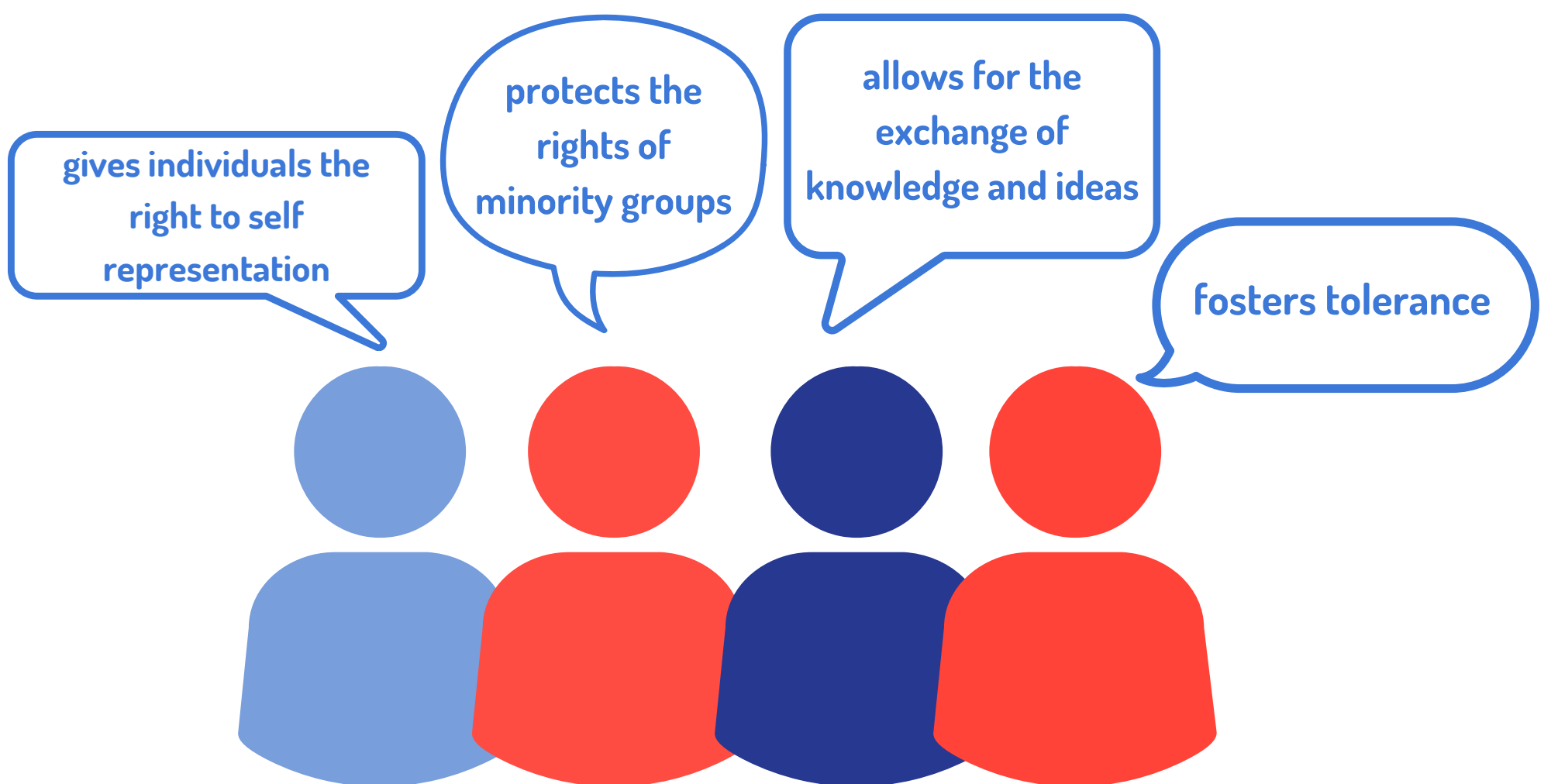


Safe and Civil Societies Depend on Free Speech

Research shows that societies with greater freedom of speech and expression have less violence.

What does freedom of speech give us?



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



Freedom of speech protects diversity



Democracy protects from the
tyrannical rule of the majority and
protects the rights of minority
groups/cultures.



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



Freedom of speech protects diversity



**Democracy protects from the
tyrannical rule of the majority and
protects the rights of minority
groups/cultures.**



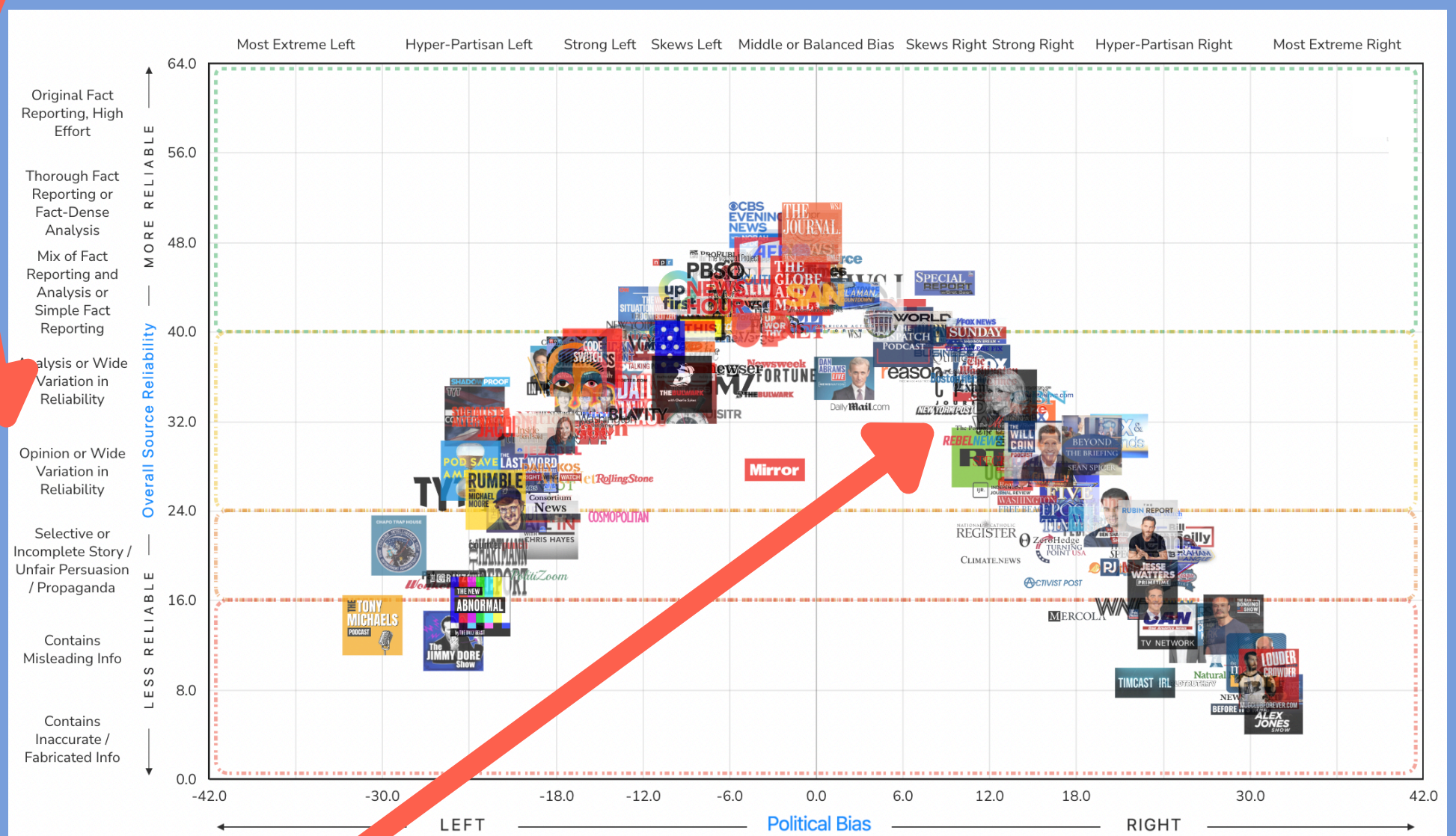
For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



How does the Media Bias Chart work?

the reliability and content of the source



analysis of a variety of media formats and organizations

the political bias of the news outlet



Explore the chart here!



For more information on this campaign, please visit livewell.uw.edu/huskiesdontcancel

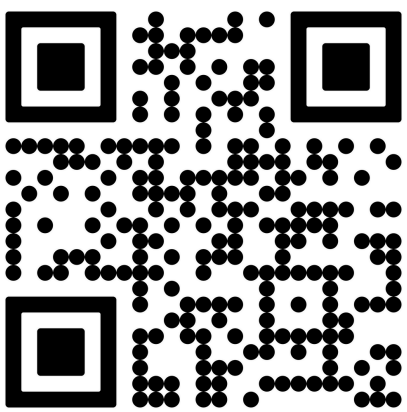
@uwlivewell 
lwpeer@uw.edu 



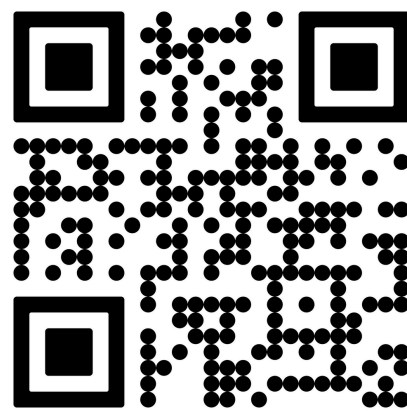


The UW Livewell Office has resources for you!

Media literacy is a learned skill that is vital to being an informed consumer. It helps us interact more effectively with journalism and social media. Use the QR codes to find resources that can help!



Social Media
and Media
Literacy
Handbook



Media
Literacy
Resources

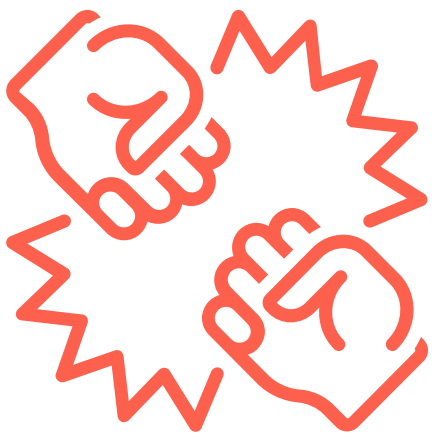


For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



Common Rhetorical Fallacies



Us VS Them Thinking

assuming that someone with an opposing perspective is the opponent and that they are acting in bad faith. Thinking like this prevents us from finding common ground.



“Whatabout”ism

defending against criticism of your position by bringing up the other side’s wrongs. We see this a lot in conflict between political parties and relationships.



Adhominem

directing an argument towards a person and their attributes, and not their position or ideas.

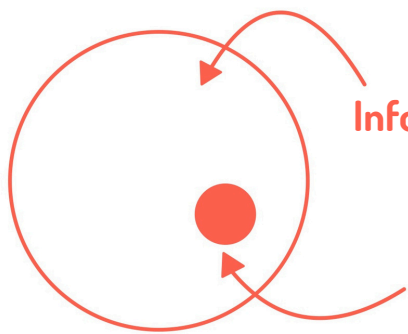


For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 

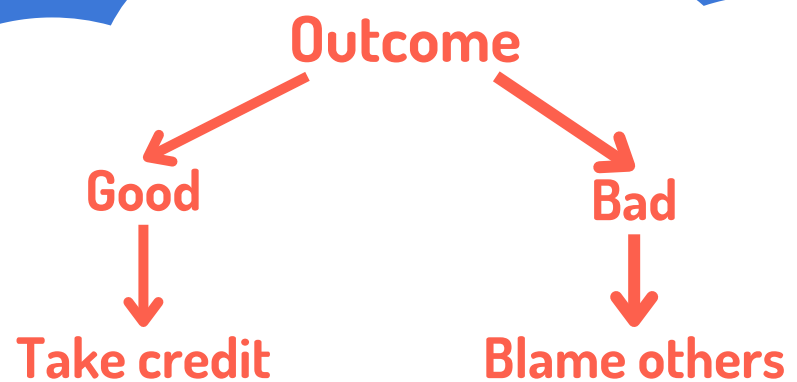


Cognitive biases impact how we see the world



Availability Bias:
Assuming that what we
remember is most
accurate

Attribution Bias:
We are lenient with our
mistakes while judging
others harsher



When we are looking for an answer...

Q We tend to remember the first result most

Q

Q

Anchoring Bias:
We often stick with our
first impression



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



The Confirmation Bias Cycle

We see
information that
adheres to our
beliefs

We feel
validated in what
we believe to be
true

We dismiss
information that we
disagree with and
only seek out
information we
agree with

If we find ourselves in an **echo chamber** of opinion, we may feel supported in our beliefs. In reality, we are missing out on exposure to **valuable ideas** and **productive discourse**. We can **stop the cycle** by opening up our world view to reason through new ideas.



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



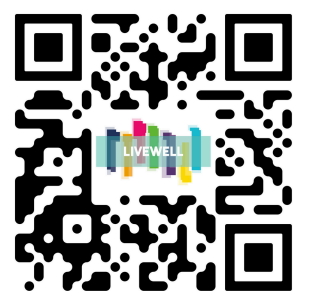
Civil Discourse Starts With Us

Can you remain calm when other
people say things you dislike?

Can you comfortably accept when others
reach different conclusions on a
controversial issue?

Can you control your emotions to prevent
lashing out at or attacking another person
during an argument?

LiveWell Peer Wellness Coaches can help you
develop or strengthen the skills to have more
productive discourse!



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



56%

of students surveyed worry about damaging
their reputation because of someone
misunderstanding their words or actions.
(FIRE 2024)

Let's choose **Empathy** over Cancel Culture

Communication is complicated. We are prone to misunderstanding, mishearing, and misspeaking.

This makes **patience and curiosity** important things to practice in difficult dialogues.

Cancel culture is linked to increased anxiety, depression, and loneliness. It can become bullying or harassment. **Let's choose Empathy instead.**



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



Huskies Don't Cancel

Huskies engage, listen,
and ask questions.

That is an interesting
view. Where did that
develop?

Hm, I don't think I
agree, but can you
tell more?

As Huskies we can:

- View challenges as opportunities to grow
- Practice interacting with views different than our own
- Take time to look at all the information, gather more context, and ask questions




For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



Let's practice more Intellectual Curiosity!



The goal is to
LEARN,
not to win or be
right.

Intellectual curiosity is the desire to learn new things and understand topics/ideas on a deeper level. When we are intellectually curious we have a **growth mindset** that allows us to see challenges and conflict as opportunities to learn.



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



Finding common ground when we disagree



It's healthy and normal to have differences of opinion in our relationships. Identify the values that are important to both of you!



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 



Huskies Don't Cancel: Take the Pledge!



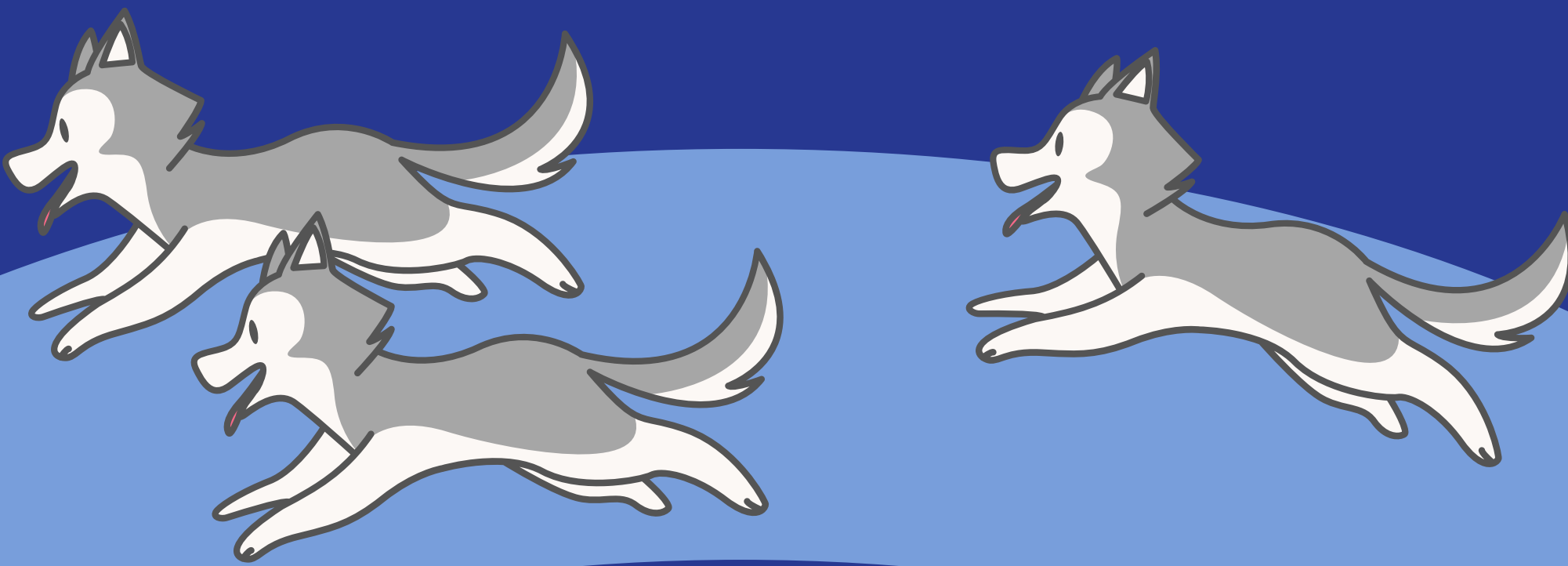
I pledge as a UW Husky to build understanding across difference, to be curious about things I don't understand, and to engage in dialogue with those I disagree with. I will not engage with cancel culture, and instead model intellectual curiosity by: asking questions, fighting cognitive biases, finding common ground, and seeing challenges as opportunities for growth and learning.



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 





It's OK to be *unsure* or
not know.

Intellectual Humility

What is it?

- Being open to learning about other perspectives
- Acknowledging that we cannot know all things, and we all have blind spots in our knowledge

Why is it

important?

Research shows that intellectual humility leads to more productive discourse



For more information on this campaign, please visit
livewell.uw.edu/huskiesdontcancel

@uwlivewell 
lwpeer@uw.edu 

