Strategies for speaking up

In a small group:

a) Say something affirming/positive, such as "It's so great to see you."

b) Then make your point. Template: "When I hear _____, I feel _____ because I value _____. Would you be willing to _____?"

Example: "When I hear 'guys' directed at me, I feel uncomfortable because I value words that are not linked to only one gender. Would you be willing to say, 'you two,' 'everybody,' or just 'hi' instead?"

In a large group:

Stand up.

Raise your hand, while standing up, and say, "Excuse me."

Speaker says, "Yes?/What?/Sit down, I'm giving a speech."

"You addressed the audience with 'Hello, guys,'* and I am not a guy. I came here to listen (and contribute) and I don't feel included when addressed that way. Can you please start over using a greeting that truly includes everyone, such as "Hi, everyone," "Hello, everybody," or "Hello"?

Variation for those who do consider themselves "guys": "You addressed the audience with 'Hello, guys,'* and I know some people do not consider themselves guys. I want them to feel included, too, so can you please start over using a greeting that truly includes everyone, such as "Hi, everyone," "Hello, everybody," or "Hello"?

Speaker then starts over.

"Thank you." Sitting back down.

Note: I think most speakers will be moved to make the change. However, if the speaker refuses, what do you think you could say or do next? Remain standing? Walk out? Ask for people to clap if they also want the speaker to use inclusive terms?