

Urban Plunge Lingo & Core Values

SEE: Solidarity, Empathy, Empowerment

Our theme this year is **SEE: Solidarity, Empathy, and Empowerment.**

We challenge ourselves to become better citizens of the world by recognizing our shared humanity, approaching others with compassion, and empowering people and communities rather than speaking or acting for them. Through service, reflection, and relationships, we hope to not only see the world differently, but also see our place in creating a more just and caring community.

Bothered Excellence

Being bothered by injustice or the needs around us in a way that inspires action. Rather than ignoring problems, we strive to make meaningful changes, support others, and always do our best to create a positive impact.

Call In, Not Call Out

If you have an issue or misunderstanding with someone on your team, **talk with them privately and respectfully.** The goal is to have **honest conversations** that **build understanding** rather than calling someone out in front of the group.

"What's Said Here Stays Here. What's Learned Here Leaves Here."

As we discuss personal stories and difficult topics, we respect one another's privacy by **keeping those conversations confidential.** At the same time, **the lessons, perspectives, and values we gain are meant to be carried beyond Plunge** and shared through how we live and serve others.

Being For and With Others

We are not here to "save" anyone. We are here to stand alongside our community partners with humility, recognizing that they were serving their communities long before we arrived and will continue long after we leave. We come to listen, learn, build relationships, and serve together.