



Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

# Diversity and Inclusion at Work Toolkit

•Discrimination at work•Educating yourself about diversity and supporting others•Age•Different abilities•LGBTQ•Race

Everyone has a right to go to work in a safe, inclusive environment where they are valued for their skills, creativity, and work ethic regardless of their race, religion, sex, sexuality, gender identity, age, or physical or cognitive ability.

However, whether you are a manager or team member, it is not enough to simply state that your workplace is diverse and inclusive. You must listen to others who may be different to you, find out about their experiences, and take the important step to actively support creating a welcoming workplace.

This toolkit has resources that will help you understand how to begin the process of making your workplace more inclusive, while also standing up to racism, sexism, homophobia, ageism, and ableism.

## [Why Diversity at Work Is Good for You and Your Workplace](#)

## [Working in a Culturally Diverse World](#)

## [Teaching Tolerance: Modeling Respectful Behaviour for Your Child in a Diverse World](#)

### *Discrimination at work*

## [Dealing with Discrimination](#)

## [Steps to Take If You Experience Harassment or Discrimination at Work](#)

## [Diversity and Inclusion: Helping your organization with learning and development](#)

### *Educating yourself about diversity and supporting others*

## [Supporting Diversity as a Manager](#)

### *Age*

## [Managing Across the Generations](#)

### *Different abilities*

## [Disability Etiquette in the Workplace](#)

## [Managing an Employee with a Chronic Health Condition](#)

## [Supporting Neurodiversity at Work](#)

## [What is Neurodiversity?](#)

### *LGBTQ*

## [Being an LGBTQ+ Ally](#)

[Creating an LGBTQ Inclusive Workplace](#)

[Supporting an Employee Who Is Transgender or Transitioning](#)

[When a Co-worker Is Transgender or Transitioning](#)

*Race*

[Anti-Racism and Allyship](#)

[Anti-Racism and Inclusive Leadership](#)

[How To Address Racism in your Workplace](#)

[How to Support People of Colour in the Workplace](#)

[Raising Children to Embrace Diversity](#)

[Ways To Educate Yourself About Anti-racism and Race](#)

[What is Code Switching?](#)

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