
Appropriate Humour in the Workplace

Appropriate humour:

- brings people together
- encourages a positive atmosphere
- is supportive
- builds confidence

DO:

- Feel free to make jokes at work!
- Use humour that decreases prejudice by focusing on the universal human experience.
- Think about your humour before you share it.
- Have a light-hearted attitude.

DON'T:

Use humour does not contain messages that:

- exclude people
- separate people
- put someone down
- ridicule others
- destroy self-esteem
- use stereotypes of groups
- encourage a negative atmosphere
- offend others or lacks awareness of others' feelings
- are inappropriate