Screen fades to white background with orange and black OSU-OKC and Diversi-FIVE logos. Two lines of black text below the logos read, “Acceptance: A Practical Perspective. Emily Cheng, Director of Disability Services and Diversity.” Small video camera view of Emily in the lower right-hand corner of the screen. White background and soft, uplifting music with no vocals is present throughout the video.

**EMILY:** Hey everyone this is Emily from OSU-OKC's Disability Services and Diversity Office coming at you with another of our Diversi-FIVE video series where we explore various diversity topics in five minutes or less! We've got a descriptive transcript of today's Diversi-FIVE posted right above the link to this video. Today we're looking at the complex concept of acceptance and examining it from a real world, practical, everyday perspective that can help us feel happier and lower blood pressure all at the same time.

Black text on screen reads, “acceptance”

**EMILY:** When we think of the concept of acceptance and kind of how heavy and loaded this word can feel in today's social and political climate, what do we think of?

On screen is an image of two fingers with faces drawn on them in black marker. The fingers are facing each other, with one finger appearing to speak strongly and the other appears to have a sad and submissive posture. The words “CHEESE ON APPLE PIE IS AWESOME AND I WON’T TAKE NO FOR AN ANSWER” are overlaid on this image.

On screen is an image of a humanoid being with a lemon for a head who appears to be yelling. The word “UNACCEPTABLE” is overlaid on this image.

**EMILY:** Do we think of controversial opinions being forced on us in an uncomfortable way?

Black text on screen appears with the heading “The Light and Dark sides of Acceptance” and below it is a 2 by 2 table. One table reads, “Toxic perspective: Acceptance means I have to acknowledge everyone’s different opinions/perspectives as ultimate truth. To accept means I have to agree with them.” The other table reads, “Health/happiness perspective: Everyone has the right/ability to have their own thoughts, opinions, ideas. Can advocate and challenge them, know when to let go.”

**EMILY:** What about the light and dark side of acceptance? Kind of like there's a light and dark side of the Force. A toxic perspective of acceptance says that we have to acknowledge everyone's different opinions and perspectives as the ultimate truth, and that to accept something means that we have to agree with them. But there's a different one which I kind of want to explore with you all. And that's the mental health and happiness perspective on acceptance which says that everyone has the right and the ability to have their own thoughts, opinions and ideas. And under this perspective we can advocate for our beliefs, and we certainly should challenge others' ideas in a respectful way, but we have to know when to let go.

Black text on screen reads, “People are unique”

**EMILY:** Human beings are awesome and unique and vibrant.

Black text on screen reads, “Freedom to have our own thoughts, perspectives, expression”

**EMILY:** And we all have the freedom to have our own thoughts, perspectives and to express ourselves in the way that we feel is right.

On screen is an image of an androgynous person’s head with short red hair, pink eyeshadow and lipstick with a red and blue lightning bolt painted above their right eye and extending down to their right jawline. Their eyes are closed.

Black text on screen reads, “You do you”

Cuts to black text on screen has the heading “You get to decide!” Under that are three bullet points that read, “Who you surround yourself with; How much you let other people and their opinions affect you; When you let go after advocating/challenging perspectives”

**EMILY:** Here's the awesome part: you get to decide. You get to decide who you surround yourself with and how much you let other people and their opinions affect you. And we also get to decide when we let go after advocating for our beliefs and challenging others' perspectives.

Video fades to the same white background with the orange and black Diversi-FIVE logo centered at the top of the screen. Text below the logo appears, “How will YOU Diversi-FIVE? Have an idea for a future Diversi-FIVE topic? Want to talk about diversity and inclusion at OSU-OKC? We’ve got you. Disability Services and Diversity Office, Student Center, Room 136. (405) 945-3385. <https://osuokc.edu/diversity>”

**EMILY:** So how will you Diversi-FIVE? Have an idea for a future Diversi-FIVE topic or want to talk about diversity and inclusion here at OSU-OKC? Reach out to us, we've got you and we would love to hear from you. Until next time, take care!