



# Printable list of **Social Norms**



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## Defining Social Norms

Social norms are a set of unwritten rules that guide behavior in a particular social group. They are the shared expectations of what is considered acceptable and appropriate behavior in a given context. Social norms can vary widely between different cultures, subcultures, and even between different groups within the same culture.

Some common examples of social norms:

- Respecting elders
- Saying "please" and "thank you"
- Not interrupting others when they are speaking
- Wearing appropriate clothing in different settings
- Not littering or damaging public property

## Types of Social Norms

There are several different types of social norms, each with its own characteristics and functions. Some of the most common types of social norms include:

<b>Type of Social Norm</b>	<b>Description</b>
Descriptive Norms	These norms describe what is typically done in a particular situation. For example, if most people in a group are wearing formal clothing, a descriptive norm might be to also wear formal clothing.
Injunctive Norms	These norms describe what is considered acceptable or unacceptable behavior in a particular situation. For example, an injunctive norm might be to not talk loudly in a library.

Prescriptive Norms	These norms prescribe what behavior is required in a particular situation. For example, a prescriptive norm might be to stand up when the national anthem is played.
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## Importance of Knowing Social Norms

Understanding social norms is essential for effective communication and social interaction. By following social norms, individuals can avoid social disapproval and maintain positive relationships with others. However, social norms can also be restrictive and limit individual expression and creativity. Therefore, it is important to strike a balance between conforming to social norms and expressing one's individuality.

### Cultural Awareness

One of the primary reasons why it is essential to know social norms is to develop cultural awareness. Different cultures have unique social norms that dictate how individuals interact with one another, and these norms can vary significantly from one culture to another.

By understanding and respecting the social norms of different cultures, individuals can avoid making cultural faux pas and demonstrate cultural competence. This is especially important in today's globalized world, where people from different cultures interact with one another regularly.

### Avoiding Misunderstandings

Another reason why it is crucial to know social norms is to avoid misunderstandings. Failure to understand social norms can lead to miscommunication, conflict, and even legal problems in some cases.

For example, in some cultures, it is considered impolite to make direct eye contact with someone of higher status, while in others, it is a sign of respect. If someone from a culture where direct eye contact is considered respectful interacts with

someone from a culture where it is considered impolite, it can lead to misunderstandings and hurt feelings.

Similarly, in some cultures, it is customary to tip service providers, while in others, it is not. If someone from a culture where tipping is not customary visits a culture where it is expected, they may unintentionally offend the service provider.

Overall, knowing social norms is essential for individuals to function effectively in society, develop cultural awareness, and avoid misunderstandings.

## List of Social Norms

Social norms are the unwritten rules of behavior that govern how people interact with each other in society. These norms vary depending on the culture, community, and environment in which they are found. Here are some examples of social norms in different settings:

### Communication Norms

1. Use proper language and grammar when communicating with others
2. Be respectful and attentive when someone is speaking to you
3. Avoid interrupting others while they are speaking
4. Ask questions to clarify what someone is saying if you don't understand
5. Speak clearly and directly, avoiding sarcasm or passive aggression
6. Avoid talking over others in a group conversation
7. Use appropriate nonverbal cues, such as eye contact and facial expressions
8. Avoid speaking too loudly or too softly
9. Use "please" and "thank you" when appropriate
10. Be mindful of cultural differences when communicating with people from different backgrounds

### Personal Hygiene Norms

1. Bathe or shower regularly to maintain personal hygiene
2. Brush your teeth twice a day to maintain oral hygiene
3. Use deodorant to control body odor

4. Wear clean and appropriate clothing for the occasion
5. Wash your hands regularly to prevent the spread of germs
6. Cover your mouth and nose when coughing or sneezing
7. Trim and clean your nails regularly
8. Use tissues to blow your nose and dispose of them properly
9. Avoid sharing personal hygiene items, such as toothbrushes or razors
10. Cover your mouth with tissue while sneezing.

### Dining Norms

1. Use proper table manners, such as using utensils correctly
2. Wait for everyone to be served before beginning to eat
3. Avoid talking with food in your mouth
4. Say "please" and "thank you" to waitstaff
5. Avoid making loud noises while eating
6. Don't reach over someone else's plate to grab something
7. Use a napkin to wipe your mouth
8. Don't pick your teeth or nose at the table
9. Don't take food from someone else's plate without permission
10. Avoid using your cellphone or other electronic devices during meals

### Workplace Norms

1. Arrive on time for work and meetings
2. Dress appropriately for the job and company culture
3. Respect the personal space and property of coworkers
4. Use proper language and grammar in work-related communication
5. Be mindful of deadlines and prioritize tasks accordingly
6. Don't gossip or spread rumors about coworkers
7. Avoid using company equipment for personal use
8. Use appropriate channels for reporting complaints or concerns
9. Participate in company culture-building activities
10. Respect diversity and inclusivity in the workplace

### Social Media Norms

1. Use appropriate language and grammar in online communication

2. Don't post inappropriate content, such as hate speech
3. Don't cyberbully or harass others online
4. Use privacy settings to control who can see your content
5. Don't overshare personal information online
6. Don't plagiarize or steal others' content
7. Use fact-checking and critical thinking when sharing news or information
8. Don't engage in online arguments or trolling
9. Be respectful and kind in online interactions
10. Use social media in moderation to maintain a healthy balance with offline activities.

### Family Social Norms

1. Respecting elders
2. Helping with household chores
3. Calling or visiting relatives regularly
4. Being present for family events and celebrations
5. Not speaking ill of family members behind their backs
6. Sharing food and belongings with siblings
7. Respecting each other's personal space
8. Apologizing and making amends when necessary
9. Honoring family traditions and customs
10. Offering emotional support during difficult times

### Public Transportation Social Norms

1. Giving up your seat to those in need
2. Not blocking the aisle or doors
3. Keeping noise levels low
4. Keeping personal belongings off seats
5. Waiting patiently in line to board
6. Paying the appropriate fare
7. Not eating or drinking on the vehicle
8. Keeping the vehicle clean
9. Following safety guidelines and regulations
10. Not vandalizing or damaging the vehicle