

STARTING POINT

GROUND RULES

In order to have a safe and meaningful conversation, where people speak thoughtfully and listen respectfully, we want to agree on some guiding commitments that have proven helpful for other groups.

- We will make the commitment to be present and on time at each meeting to the best of our abilities. If we cannot attend, we will let the facilitator(s) know in advance.
- We can “pass” if we are not ready or do not wish to respond.
- We will listen to understand and speak to be understood and in a way that encourages others to do the same.
- We will value and respect each other, and we will refrain from expressions of judgment, the use of labels or stereotypes, or from attempts to pressure others in to agreeing with us.
- We will make space for silence and reflection.
- We will speak one at a time and not engage in side conversations or interrupt a speaker.
- We will respect the time of others by making space for others to speak and by staying focused on the topic at hand.
- We will speak for ourselves and not on behalf of others, and we will let others do the same.
- We will respect confidentiality by not sharing identifying information about others outside of this group.