COMMUNITY LEARNING GUIDELINES

• **BE...**
  
  Open and honest
  Open to new and different experiences

• **DO...**
  
  Participate fully (at your own comfort level)
  Trust that through dialogue we will reach deeper levels of understanding and acceptance
  Listen respectfully
  Take Risks: lean into discomfort & discovery
  Respect and maintain confidentiality
  Note and name group dynamics in the moment

• **SAY...**
  
  Speak from personal experience - Use “I” statements
  “Step Up” or “Step Back” – Share air time
  Name if you feel triggered
  Say: “Oops!” and “Ouch”

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