



Sample Community Agreements

- **Feel empowered**

Explanation: A significant part of your experience is what you make of it. So, ask questions, make suggestions, speak your mind, and get involved.

- **Practice self-care**

Explanation: Make sure your physical, mental, and emotional needs are being met. If you need to eat something, drink water, go to the bathroom, or get out of the sun, make sure that you do. If you need assistance with something, please ask for it.

- **Practice “both/and” thinking**

Explanation: We often view things with an “either/or” perspective. Try to recognize when multiple things – not just one thing – are true about a subject. We don’t wonder if it’s better to breathe in or out. Practice talking with others in a way that lets you explore many truths. Rather than listening immediately for what’s right or wrong, entertain that the truth may involve both ideas. It can be helpful to practice saying “and” instead of “but” as a way to learn more about this agreement.

- **It’s OK to disagree**

Explanation: It’s ok to disagree with viewpoints and present learning challenges. Practice being uncomfortable for a period of time to see what it might have to teach us. Never blame, shame, or attack someone who disagrees with you.

- **Assume good will**

Explanation: Oftentimes when we hear something that makes us feel challenged or uncomfortable, we are quick to take the defensive. Instead, turn to wonder. Look inward and ask yourself why you feel the way that you do. Then, ask the speaker clarifying questions. You will likely discover that the speaker had no intention to hurt you or others with his/her/their words.

- **Take space/make space**

Explanation: If you find yourself making most of the decisions and speaking the most in conversation, step back to make space for others to speak and participate. If you find yourself staying quiet and taking on little responsibility, step in to make a conscious effort to speak up and participate more.

- **One mic**

Explanation: A way to show respect for fellow group members, have one voice be heard at a time. Practice having a brief pause in between speakers before another speaks.

- **Mindful use of technology**

Explanation: In this space, we ask you to be present with us. As best you can, set aside what happened before this program and what will happen after. Shutting off devices or turning off sound can be a helpful way to stay present.