

GROUND RULES

- Only one person may speak at a time. Please raise your hand when ready to speak.
- Listen actively -- respect others when they are speaking. Please don't interrupt.
- Be conscious of body language and nonverbal responses -- they can be as disrespectful as words.
- Speak from your own experience instead of generalizing -- ("I" instead of "they," "we," and "you").
- Do not be afraid to respectfully challenge one another by asking questions, but refrain from personal attacks -- focus on ideas.
- Participate to the fullest of your ability -- community growth depends on the inclusion of every individual voice.
- Instead of invalidating somebody else's story with your own spin on her or his experience, share your own story and experience.
- The goal is not to agree -- it is to gain a deeper understanding.