

Sample Ground Rules

- **Everyone gets heard.**
- **Seek first to understand, then to be understood.**
- **Share "airtime."**
- **If you are offended or uncomfortable, say so, and say why.**
- **It's OK to disagree, but don't personalize it; stick to the issue.**
- **No name-calling or stereotyping.**
- **Speak for yourself, not for others.**
- **One person speaks at a time.**
- **Personal stories stay in the group, unless we all agree that we can share them.**

Additional Information:

- Ground rules (also known as guidelines, agreements, or covenants) help group members conduct civil, productive discussions.
- Each group sets its own ground rules at the beginning and uses them in all sessions.
- These guidelines "belong" to everyone in the group.
- Group members can modify them at any time and are expected to help enforce them.