

MENTALLY HEALTHY COLLABORATIVE ACTION NETWORK GROUP AGREEMENTS

- **Respect**—We will listen when another person is speaking and will not interrupt.
- **Confidentiality**—We will not share personal and sensitive information shared by others in the group.
- **Openness**— We will be open to new ideas and ways of thinking.
- **Right to pass**—If we do not feel comfortable speaking on a topic, for whatever reason, It is always okay to pass or not speak on a topic.
- **Stepping in and stepping out** – We will speak up and will remain sensitive to monopolizing the conversation.
- **Listen to understand**—We will take into consideration other viewpoints even if they conflict with our own.
- **Assume best intentions** - We will opt to give people the benefit of the doubt, rather than assuming that they are out to offend or hurt.
- **Be brave**—It is okay to feel uncomfortable and take risks. We acknowledge that having difficult discussions and challenging ways of thinking may create a sense of discomfort. We will strive to gently point out when someone has said something hurtful or offensive.
- **We will support each other through difficult or sensitive conversations with kindness and respect**- If one of us becomes triggered we will make sure that person feels supported and we will make sure to connect them with supportive resources when needed.
- **Positive framing** – We will see challenges as opportunities rather than stumbling blocks which are likely to trip us up.
- **Taking care to claim opinions**—We will speak opinions using the first person.
- **Sensitivity to diversity**—We will remember that people in the group may differ in cultural background, sexual orientation, and/or gender identity or gender expression and be careful about making insensitive or careless remarks.
- **Mindful of time** – We will stick to the agenda’s start and end times.
- **Phones off or on silent to minimize disruption.**
- **Commitment choice**—You cannot be “volunteered/voluntold” for something in your absence.
- **Have a good time**—Creating a safe space is about coming together as a community, being mutually supportive, and enjoying each other's qualities, wisdom and gifts.

***MENTALLY HEALTHY COLLABORATIVE ACTION NETWORK
GROUP AGREEMENTS***