

Ground rules for discussions HAS 2016

- Communicate in a non aggressive manner
- Respect the opinions of others
- No opinions or beliefs are wrong or taboo
- Listen when others are speaking
- Recognise when you have made your point and allow others a turn to speak
- Present your opinions as 'I' statements rather than facts
- Challenge power dynamics (such as gender) that could make it difficult for people to speak
- Avoid making assumptions and 'jumping to conclusions' about the identity of others in the group
- Be sensitive to the feelings of others and consider whether a 'trigger warning' is necessary for the material you are going to share