We decided as a group to follow some guidelines for our class sessions. The guidelines are listed below.

TEMPLATE PROVIDED FOR FACILITATOR – Examples are listed. Please insert the guidelines developed by your class.

→ Thoughts and ideas shared from participants are confidential.

→ Be careful not to laugh at someone in a hurtful way.

→ Be kind to each other.

→ Be a good listener.

→ Try to be on time.

→ If you are not comfortable sharing, it is okay.

→ Remember to be kind to yourself!