

A New You: Health for Every Body

Class Guidelines



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!*