



## Sample Ground Rules

Think of ground rules as the compass guiding your chapter's meetings - they help ensure everyone feels heard, included, and respected and can help provide ground rules to all types of chapter meetings, beyond support. It's all about creating a safe space that works for everyone. Here are a few suggestions for these rules, but feel free to tweak them to best fit your group's needs:

- This is a safe space
  - Be honest about your feelings and thoughts
  - Use "I" statements to express your feelings, not your opinions
- Respect confidentiality
  - Take the stories, leave the details
  - Check with people before approaching them in public
- Share the air
  - Keep your comments relevant so everyone can participate
  - Take space, make space.
- Listen generously
  - Listen for what people are saying, not to respond.
  - Don't interrupt.
- Silence electronics, don't record the meeting
  - Please step out if you must take a call
  - This is a community centered space, thanks for remaining present without electronics
- Demonstrate respect for cultural differences and diversity of views.
  - No one is better than another – we are all equal with different perspectives and lenses.
  - Everyone is welcome here, as long as people are respectful and kind to one another

After sharing these rules, ask for agreement - ask attendees to say "yes" or raise their hand. Some chapters incorporate this process into their pre-meeting registration. It's always okay if someone has an additional suggestion, hear what they have to say and let the group decide if they want to adopt the suggestion.

Source: PFLAG National  
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