







We give everyone the space and opportunity to participate.

We avoid talking over others.

Everyone can choose what they share about themselves.

We are open to learn and develop.

We listen and we are open-minded.

We avoid making assumptions for example about other's background, religion or gender.

We learn to become aware of our own prejudices and assumptions.

Everyone can determine or not to determine themselves as they want.

We respect everyone's need for space and time.

We always ask for concent before physical touch (before the activity).





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If we witness harassment, we will intervene by telling a leader or other member of staff.

We will not criticize, push aside or embarrass others by our words or actions.

We do not comment on our own or others' bodies or appearance.

We avoid commenting on our own or others' eating.

It is OK to make mistakes, ask questions, mess up, learn new things and relax.

We take responsibility for our actions and know how to apologize.

We remember to say thank you.

We see the good in each other.

We encourage each other.





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