Setting Groundrules and Commitments Safe Zone

1. Don’t feel pressured to share beyond your personal comfort zone

2. Use “I” statements – speak for yourself and your experiences. Try not to speak for others or for groups of people.

3. Accept that you can (and will) make mistakes surrounding diversity training. We are all fallible and don’t know everything there is to know. If you make a mistake, apologize (sincerely) and move on.

4. Gender identity and sexual orientation labels are there for individuals to decide who they are personally and should never be applied to others.

5. Hear (not just listen to) what others are saying, especially if it is a viewpoint different than what you believe. Each person has their own experience that is the “truth” for them.

6. Be willing to learn! It isn’t enough just to sit through a Safe Zone training if you aren’t willing to learn.

7. Be here. There are always countless other things we could be doing, but you chose to be here. Be involved with the conversation, don’t dominate, and listen attentively.

8. Respect the privacy and confidentiality of what is said and shared during this session. Feel free to express your thoughts and know that others will keep them confidential.

9. Please turn off all cell phones or electronic devices that might distract or interrupt the session.

10. Have fun! This experience is a fun one because you are becoming one of a growing number of Safe Zone Allies on campus and that means something important to the campus community!

11. Others you might have? Mention that now to your facilitators!