

Group Ground Rules

Advance preparation:

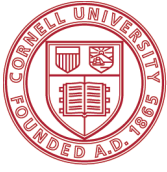
- Write out the following rules on a big sheet of paper.

Activity:

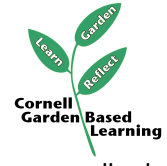
- Introduce the ground rules to the group, giving background explanations on what they mean and their purpose.
- Ask for feedback from the group on modifying these rules or adding new ones.
- Ask everyone to show they agree and commit to the ground rules by doing a physical action, such as a 1-2-3 clap (clap once, pause, clap twice, pause, and then clap three times, all together).
- Post the sheet of paper up somewhere on the wall where everyone can see it.

Ground Rules

- **100% Responsibility**
 - *Explanation:* We agree to take 100% responsibility for our own experience. This means that if you don't understand something that is being said, please speak up and ask a clarifying question. Be responsible for making sure you remain engaged and involved throughout. If something is not meeting your needs, then please speak up and let us know.
- **Self-Care**
 - *Explanation:* If you need to eat something, drink water, go to the bathroom, or get out of the sun, make sure that you do that. Take care of yourself and make sure that your physical needs are being met.
- **Responsibility for learning**
 - *Explanation:* Your leaders will not anticipate every learning opportunity. If you see a chance for more learning, speak up, jump in, and help out.
- **Practice both/and thinking**
 - *Explanation:* Refrain from holding an either/or perspective. Try to see and hold multiple points of view about a topic at the same time. Recognize where multiple things – not just one thing- are true about a subject. Practice conversing with others in a way that lets you explore many truths. Rather than listening immediately for what's right or wrong, entertain that the truth may involve both ideas.



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- **OK to disagree with points of view**
 - o *Explanation:* It's ok to disagree with viewpoints and present learning challenges, but it is not OK to blame, shame, or attack each other.
- **Step up/step back**
 - o *Explanation:* If you are a person who normally talks a lot, then please try to 'step up' listening and 'step back' talking. If you are a person who normally stays quiet, then try to 'step up' speaking, and 'step back' listening. Some people find it helpful, if they talk a great deal, to literally count the number of times they speak in a circle, limiting it to twice....or to count to 25 before saying something, to allow others the opportunity to engage.
- **Watch your language**
 - o *Explanation:* Food system leaders are thoughtful in their speech. Please be mindful of how you engage.
- **Hinder exclusive friendships and liaisons**
 - o *Explanation:* Friendships will arise (we hope!) but shouldn't be at the exclusion of others. It is vital to interact with everyone to promote cohesion.
- **Mindful use of technology**
 - o *Explanation:* phones and other devices are handy for many things, but not this workshop! Please put them away. If we need phones for video or other purposes, please refrain from other activity.

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