



# GROUP CONDUCT AGREEMENT

**The purpose of this discussion group is to gather four times to discuss the podcast and envision the next steps in mental health or addiction outreach in your community. To help create a caring and respectful space, all participants in the *Our Stigma* discussion group are asked to agree to the following:**

- 1. Share from your own experience** – Use “I” statements and speak from the heart. Advice is welcome only when invited.
- 2. Listen with care** – Let others speak without interruption. Approach all voices with empathy, openness, and curiosity.
- 3. Honor all identities** – We welcome people of all backgrounds and identities, including differences in race, culture, gender, sexuality, ability, and lived experience. Everyone’s voice matters.
- 4. Respect all beliefs** – A wide range of spiritual, religious, and non-religious perspectives are welcome here.
- 5. Be mindful of trauma** – Share only what feels safe. No one is expected to disclose more than they wish. Step away at any time if needed.
- 6. Protect confidentiality** – Keep personal stories and identities private unless you have someone’s clear permission to share. If a session is being recorded or shared, you’ll be informed in advance.
- 7. Foster safety for all** – Let’s commit to kindness. Language or behavior that feels shaming, dismissive, or excluding can cause harm, even unintentionally.

