
SAMPLE DISCUSSION STANDARDS

-Listen respectfully and fully

-Assume good intentions

-For some people, it is personal

Remember, when discussing potentially sensitive issues such as sexual assault, interpersonal violence, mental illness, addiction, incarceration, discrimination, and poverty, there are people in the room who may have had personal experiences with these issues.

-Stand up, step back

Be aware of your role in a conversation. If you're talking too much, let someone else have a voice. If you haven't weighed in yet, consider adding your perspective!

-Avoid personal attacks

-You are an expert on your lived experience

When sharing personal experiences...

-Avoid overgeneralizations

-Use "I" statements

When listening to someone else's personal experiences...

-Believe them!

-Ask questions to learn and to clarify