

# The Men Listening project

## Ground rules for our Men's Groups

We have a set of seven ground rules that all members must agree to before joining, which allow us to create a safe space for sharing and listening.

1. Listening

I agree to listen with respect, and without interruption or judgment.

2. Speaking my truth

I commit to speaking openly and truthfully, using 'I' statements, not 'we' or 'you' statements.

3. Confidentiality

Everything that happens in the group remains in the group. Outside the group, I agree to not share another man's words, actions, or identity, and to only speak about my own experience and personal insights.

4. Non-violence

Violence can be physical, verbal, emotional or spiritual. I acknowledge that my words and actions have an impact on those around me. I agree to take responsibility for my words and actions.

5. Drugs or alcohol

I agree to not attend the group while under the influence of alcohol or recreational drugs (or prescribed drugs if they will interfere with my ability to be present in the group. I agree to share details of prescribed drugs with the facilitators before joining the group). If I break this rule, I agree to tell the group, and accept the decision of the group regarding the best way to maintain a safe space.

6. Punctuality

The group will begin on time and end on time. I agree to do all I can to be punctual.

7. Being fully present

I agree to join the call from a quiet space where I won't be interrupted, and can't be overheard. I agree to turn off any communication device, other than the one I'm using for the call, and to turn off messaging apps and emails for the duration of the call.

I agree to the above rules.

Print name: .....

Sign: .....

Date: .....