



Basic Agreements

*Adapted in Part from Helping Teens Stop Violence by Allan Craighton and Paul Kivel
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1. **Confidentiality**
This means that I don't repeat what someone says in the group outside of the group without getting permission from that person. It also means that I don't talk to that person outside of the group about what they said in the group without getting their permission.
2. **Amnesty**
As a companion to confidentiality, everyone agrees not to treat others differently, blame them, or hold or use what they say in the group against them after the group ends.
3. **Put Ups, Not Put Downs**
Everyone agrees not to put down, make fun of, minimize or attack other people in the group – or themselves.
4. **Right to Pass**
Each person has the right not to talk in the group if they don't want to
5. **No Cross Talk, No Piggy Backing**
Each person has a chance to say what he or she wants without having it debated, denied, attacked or agreed with or supported. The statement gets to stand on its own, without being taken over by someone else.
6. **Feelings**
Feeling is part of the healing process. Each person agrees to respect and allow expression of those feelings, including his or her own.
7. **Respect/Listening**
Each person agrees to listen to others and to expect that they will be listened to. This means that one person will talk at a time. It also means listening without interrupting or judging.
8. **I-Statements**
People agree to speak for themselves and their own experiences when talking and not to speak for others unless asked to. This means using “I” in place of the words “you”, “we” or “they”.
9. **Try on the Process**
Everyone agrees to try on the process. No one is required to agree with it or accept **it**.
10. **The Means is the End**