

QYLTS ACTION CAMP GROUND RULES

<p style="text-align: center;"><u>Rainbow!</u></p> <p>Every time trainers /staff yell out RAINBOW! it means it's time to sit next to someone you don't know. Camp is all about connecting with other young people from the southeast. Let's mix it up and make beautiful rainbows!</p>	<p style="text-align: center;"><u>Participate Fully</u></p> <p>Let go of all the other things you need to be doing and keep your focus here. If you need to go to the bathroom, make an important call or stretch, go ahead. Be aware of how you learn and process information. Avoid interruptions.</p>	<p style="text-align: center;"><u>Right to Pass</u></p> <p>Everyone has the right to not share during discussions without being judged or being pressured to share. The trainers may invite you to share from time to time, so remember you always have the right to pass.</p>	<p style="text-align: center;"><u>Intent and Impact</u></p> <p>Many times, there can be a difference between your perceived meaning and the understanding and impact on the listener. It is possible to be well intentioned AND still say and do hurtful things.</p> <p>We are responsible for intentions and our impact on others</p>
<p style="text-align: center;"><u>Both/and Thinking</u></p> <p>Many things can be true at the same time. Most situations often involve different views and ideas that come from the different experiences we have all had. Just because someone says something that's different from what we think, doesn't mean it's not true.</p> <p>Try to see things from their perspective, and you might be surprised.</p>	<p style="text-align: center;"><u>Self-Focus</u></p> <p>Use "I" statements; pay attention to what you are feeling and thinking; ask questions of self and others... instead of jumping to conclusions, check out your assumptions.</p>	<p style="text-align: center;"><u>Ouch, Oops, Sorry & Educate!</u></p> <p>We all make mistakes! It's ok as long as we learn from them. In case we do mess up, someone will say "Ouch," we'll say "Oops! & Sorry!" Then the person who we hurt will educate us on what we did that hurt them. The point is to talk to each other, learn and make sure we don't hurt one another.</p>	<p style="text-align: center;"><u>Take Space/ Make Space</u></p> <p>Some of us might feel more comfortable speaking in public or answering questions, or sharing our experiences than others. If we've been sharing too much, MAKE SPACE and turn the stage over to someone else who hasn't had a chance to shine yet. If you haven't been participating very much or at all, then TAKE SPACE and take the stage.</p>
<p style="text-align: center;"><u>Try On</u></p> <p>Try on new processes, ideas, and perspectives before automatically rejecting them because they are different than your experience. Be willing to step outside your comfort zone.</p>	<p style="text-align: center;"><u>One Mic, One Diva</u></p> <p>Just like you wouldn't interrupt Lady Gaga at her concert, don't interrupt trainers, staff, and other participants when they're speaking. Remember this is about respecting one another.</p>	<p style="text-align: center;"><u>Parking Lot</u></p> <p>Sometimes we come up with more ideas/ questions /comments than we have time to fully talk about. The Parking Lot is where you put the ideas that you want to get back to, later on.</p>	<p style="text-align: center;"><u>It's Okay To Disagree</u></p> <p>Disagreement is a necessary part of accepting differences. It is not okay to blame, shame, or attack self or others... this can happen on a verbal or non-verbal level.</p>
<p style="text-align: center;"><u>Confidentiality</u></p> <p>Anything said of a personal nature cannot be shared outside of this room without the person's permission. If you want to talk to someone about what they said, ask permission. They can say yes, no or maybe later.</p> <p style="text-align: center;"><i>Remember, what's said here, stays here.</i></p> <p>There are some major exceptions to confidentiality – if you are or might be hurting yourself, someone is or might be hurting you, or you are or might be hurting someone else – then camp staff must report that to the appropriate authority. We will talk with you before we do that.</p>			<p style="text-align: center;"><u>Shake Not Shout</u></p> <p>Please put your phones on vibrate or turn them off! Make sure your phone shakes, not shouts!</p>