Building a Healthy Class Environment

The following is a summary of the guidelines developed by the class to assist us in keeping our seminar environment healthy and safe as we talk about some difficult issues.

- Be respectful of self, speakers and class members
- What happens in “Vegas” stays in Vegas!
- Be open minded – remember that not all comments will reflect individual beliefs
- Don’t attack the person, address the argument/statement (non-aggressive)
- Resolve conflict immediately
- Remember that healthy disagreement is positive - you can agree to disagree
- Be non-judgmental
- Be aware of assumptions/stereotypes
- Appreciate perspectives and differences
- Remember that people are talking from personal experiences - be empathetic
- Be aware of, and respectful of, individual personalities and understand that other opinions exist
- Encourage contributions for all class members - don’t monopolize class time
  - Give everyone a chance to speak
- No personal insults or personal attacks, no slurs and no name-calling - don’t use derogatory terms
  - Be aware of tone, language, volume, and gestures when speaking
- Learn to be comfortable with silence
- Use “I” statements
- Use people’s names
- Listen to others before speaking
- Acknowledge potentially ‘offensive’ comments but realize that this does not absolve responsibility for making them
- Criticism should be constructive
- Keep an open mind
- Be conscientious of inappropriate/offensive laughter, body language, cutting people off, belittling
- Do not confuse perspective with fact
- No texting, laptops, sidebar conversations when others are presenting
- If entering class late – be conscious of interrupting those speaking
- Respect privacy outside of class room
- Remember we can all learn from the experiences of others