Principles for a safer space

We are willing to learn

We approach new subjects and people with an open mind, taking every issue and situation we encounter as an opportunity to learn and develop. We strive to listen and be open-minded. We give others the opportunity to tell us about themselves.

We respect each other

Everyone's views are valued. We give everyone the space and opportunity to participate if they so wish. We avoid talking over others and focus on genuinely listening to others. We respect everyone's right to privacy and the right to choose what they share about themselves.

We respect diversity

We approach sensitive topics with sensitivity. We avoid making assumptions about others' gender, sexuality, background, identity, ability, thoughts or life situation.
We learn to recognise and become aware of our own prejudices and assumptions so that we can be more inclusive of others.

We give body and food peace

We talk respectfully about others and ourselves. We do not comment on our own or others' bodies or appearance. We are neutral about food and avoid commenting on our own or others' eating.

We challenge inappropriate treatment

If we witness harassment, we will intervene. Please tell a member of staff at a low threshold if you witness inappropriate treatment. We will not ridicule, criticize, push aside or embarrass others by our words or actions. If you have a concern about someone else, you can ask if everything is OK.

We encourage each other

We take into account people's different strengths. We encourage everyone to participate in a way that suits them. We remember to say thank you and to see the good in each other. We listen and encourage each other.

We take joint responsibility for the atmosphere

We recognise our role in creating a safer space. It is OK to make mistakes and ask questions. We take responsibility for our actions and know how to apologize. We are all allowed to mess up, learn new things and relax.