

GROUP GUIDELINES FOR TRAUMA-INFORMED INTERACTION

- Be positive
- Speak your truth
- Do not 'dig-in' for the sake of being right
- Remain open to acknowledging mistakes
- Focus on forgiveness, not blame
- Focus on solutions
- Act with empathy and kindness
- Be aware of assumptions and biases
- Avoid prejudice
- Share the air
- No judgement
- Acknowledge and get to know each other
- Commit to active and equitable listening
- Be trauma-informed in our approach
- Be aware of mental health issues
- Maintain open mind
- Assume best intentions
- Practise diversity, equity, inclusion
- Use appropriate language
- Be forward-thinking