

Seven Core Guidelines





RESPECT the Talking Piece

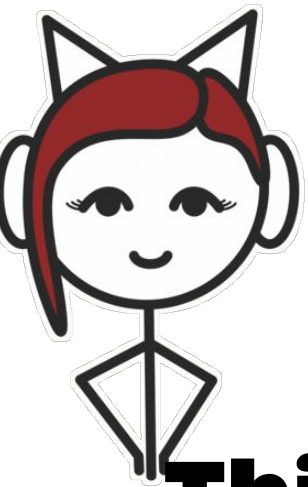
Participants will share while honoring one voice; one speaker at a time. The person holding the talking piece is the only person who should be speaking. Others should be listening.



Speak from Your Heart

**This means speaking for yourself,
talking about what is true for you
based on your own experiences.**



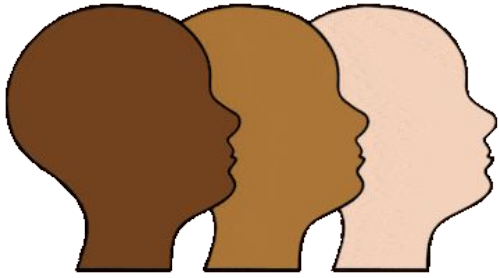


Listen with Your Heart

This means hearing what others are really saying. Sometimes we judge others without knowing them. This may keep us from really hearing what they have to say.

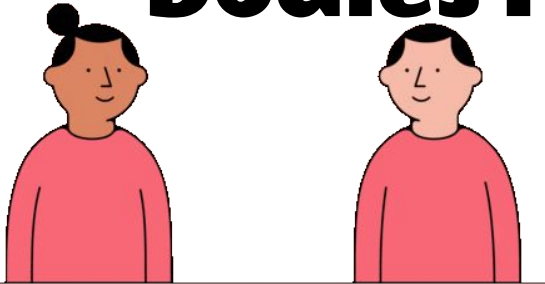
Speak with Respect

This means being mindful of the words we use when sharing our thoughts. Hurtful words should never be used. It is best to use “I” statements.



Listen with Respect

This means to listen to what is being said, without judgement. This also means to make sure our bodies reflect being respectful.



Remain in the Circle

This means to be physically and mentally present when being in circle. It is important to bring our attention back when our mind wanders.





Honor Privacy

This means it's important to remember that things that are shared in the circle should remain in the circle. However teachers have a legal obligation to keep students safe.