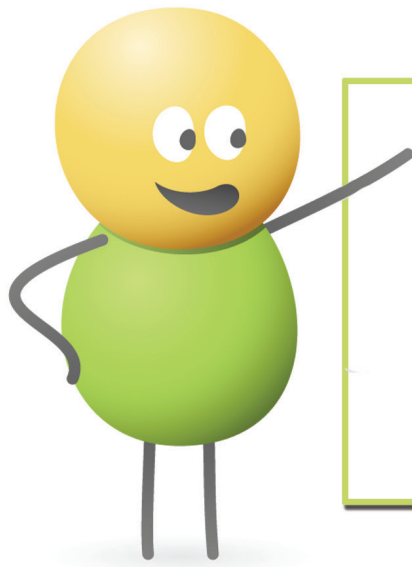


# HealthMatters Program



## Common Ground Rules

### **Confidentiality.**

If you share information outside class—do not use people's names.

### **Respect.**

Show respect to everyone!

- Use 'I' statements... "I feel..."
- Do not yell at people.
- Do not say, "No, you're wrong..."
- Be on time!

### **Attentiveness.**

Listen to what other people say. You may learn something and people will feel better.

### **Openness.**

Encourage each other to speak about their experiences and not to speak for others.

Try something new and don't be afraid to say what you think.

**REMEMBER...**don't be mean to each other.

### **Active Participation.**

Actively participate in classes. You have the right to stop an activity if you don't want to do it.