

## Anti-Racist Community Engagement Digital Companion

https://compact.org/anti-racist-ce

Working Against Racism Through Cross-Institutional Communities of Practice

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Ground Rules: Anti-Racist Community of Practice

[These ground rules were generated by participants early in the anti-racist community of practice. They are primarily focused on promoting reflective, authentic, and perspective-taking participation during the sessions.]

- 1. Safe space to share what is said here, stays here
- 2. What is shared here stays here, and what is learned here leaves here
- 3. When sharing use, "I" statements
- 4. Listen to understand
- 5. Share the space and let others talk; season your words with grace
- 6. Step up, step back
- 7. Acknowledge that we are all on a journey there is no end
- 8. Acknowledge how difficult this work is and know we will make mistakes and learn
- 9. Listen with empathy
- 10. Be open to feedback and critique without defensiveness
- 11. Oops and ouch we all mess up, so when that's pointed out, it should be done with the intention to give feedback and received with an open heart and mind
- 12. Call in, not call out
- 13. Be willing to share and willing to listen
- 14. Listen to learn
- 15. Listen with the intent to understand and not the intent to respond
- 16. Listen with compassion for others and also self-compassion
- 17. Be inclusive in language (avoid gendered language, binary, or exclusive language that ignores intersections and nuance in identity)
- 18. Understand that people's experiences do not have to be familiar to you in order to be valid
- 19. Connect meaningfully with others, to make networks after the community of practice
- 20. Give the benefit of the doubt

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