

# GROUND RULES EXERCISE

This quick exercise (approx. duration: 5 minutes) will allow the group to establish its own set of rules and principles for the workshop. When self-generated, rules are more likely to be "owned" by the group. If participants do not respect the rules, you can refer back to the list to re-centre behaviour. Consider having a prepared list (or suggestions) to help the group move faster. You may also want to point to the group one or two people (preferably a man and a woman) who they can go to if a problem or a case of harassment arises.

## GOAL

- To help people feel safe
- To create a good learning environment
- To collectively establish some basic rules and structure to the workshop

## SET-UP

- Participants sit in a circle of chairs

## MATERIALS

- Flip chart and felt pen

## STEPS

- Ask the group what would help create a safe learning environment for everyone in the group.
- What rules would they like the group to adhere to?
- See that principles such as respect for all participants, no harassment, only one person talking at a time, speaking from an "I" perspective, etc. are included.
- Make sure you ask for group agreement before you proceed.
  - Raise your hand and say "Can we all agree to live by these rules for the duration of the workshop? Yes? Please raise your hand..."

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*Written by Philippe Duhamel for the Asia Regional Workshop of the New Tactics Project, August 2005.*