



'Creating Space to Explore' Ground Rules

The following are **GROUND RULES** for the online discussions. To participate you must agree in principle to the ground rules and have the intention of adhering to them. If you wish to take part in the discussions and wish to discuss the ground rules beforehand, please contact Ray Rose: email address. It is understood that by taking part in the discussions, you **HAVE** agreed to the ground rules.

When speaking you will aim to:

1. Communicate in a way that is respectful.
2. Speak in the first person i.e. use 'I' rather than 'you' or 'one'.
3. Allow group members to 'speak their thoughts' without receiving them judgementally, and critique what is said rather than the person.
4. Allow others to finish what they are saying, do not interrupt when others are speaking.
5. Use inclusive language avoid final terminology.
6. Stay on the discussion topic, aim to share your views and experience in a way that is clear and which does not dominate the group.
7. Consider how you can contribute your views in a manner that helps you to be understood.
8. Recognise your assumptions and clarify your understanding with the speaker.
9. To be honest and open, authentic and congruent.
10. The discussions are confidential, and details are not to be shared outside the group. Please be aware, if you express wishes to self-harm or harm others during the discussion, we have a duty of care to inform the appropriate support agencies.

Additional support

We appreciate that these discussions may raise awareness that you need further support which is available to you. In the first instance, students can review the [educational support tools](#) available to them. Alternatively, you can locate your personal tutor in My Birkbeck (listed under 'My studies and timetable'/ 'academic support'). You may also wish to explore Birkbeck's [mental health](#) and [counselling services](#).