

"Treat others as you like to be treated."

PEACE CIRCLE GUIDELINES

We sit together in circles because in the circle everyone is equal, and everyone is connected to each other.

We use a talking piece that is passed around the circle. Whoever has the talking piece talks and everyone else listens.

1. **Speak from the Heart:** Speaking from the heart means to tell your own story or share your feelings as honestly as you can. It is helpful to use "I" statements rather than "you" statements.
2. **Listen from the Heart:** This means to listen carefully and with an open mind, even if you disagree with what the person is saying. Listen not just with your mind, but with your heart as well.
3. **Speak Spontaneously:** This means that we try to wait before the talking piece comes to us before we decide what to say. We don't plan what we will say, but speak from the heart when it is our turn to speak.
4. **Speak Leanly:** Something that is "lean" doesn't have anything extra on it. Others would like to speak and there is only so much time. Try to share what is most important, but you are encouraged to be brave and share your truth with the circle. If you are uncomfortable speaking, just say you pass.
5. **Confidentiality:** What is said in the circle, stays in the circle. Don't share what was said in the circle with others who were not there.