



Institute for the Study of Somatic Sex Education

## C.A.R.E

Community Agreements

**Care** We agree to take care of ourselves and the circle.

### Aspirations

You are your own authority. Tending to your needs and responsibilities in order to show up in the community learning space. Practicing open heart, re-spect (see with new eyes).

### *Examples:*

#### *For in-person intensives:*

- *attention to the group as a whole, not forming new couple bonds*
- *keeping the temple space tidy*
- *no texting or recording during class*

#### *For online intensives:*

- *communicating about access needs around video on/off while also making agreements about attention and presence*

#### *For community of practice calls:*

- *Attention and distraction - if you are multi-tasking, please mute yourself and turn off your video camera so that you don't distract others*

**Accountability** We acknowledge that intentions can be very different from impact. We agree to value ourselves and ask for support if we need it. We agree to be available to hear the impacts of our silence, words, projections, behaviour, allyship, care etc. during this training.

### Aspirations

Honouring each person's inner wisdom, process and lived experiences. Taking shame out of the shadows. When shame arises, we invite curiosity.

### *Examples:*

- *no fixing, advising or 'setting each other straight', all emotions are welcome.*
- *yes, no, maybe and I changed my mind are all welcome responses*
- *If you agree to do something, it's not a contract, you can change your mind anytime and choose whether or not to participate in any exercise*



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- *take space, make space - pay attention to how much of the group's time you are taking up. Be open to reflections about this and invitations to share more.*

**Radical/Generative Justice** We agree to name and address racial injustice, cultural appropriation and micro- and macro- aggressions around race, gender, sexual orientation, ability, class, culture and religious beliefs within the group.

Aspirations

Individual differences are welcome, and we celebrate diverse allegiances, communities and cultures. We recognize that we all have the responsibility to learn about and tend to power dynamics and that those who hold the most power and privilege in dominant culture are the most responsible for that learning and tending.

*Examples:*

- *speak from your own experience, noticing “we” statements which reinforce dominant norms*
- *use people’s preferred pronouns, make your apology shorter than your correction*
- *honor and respect the observance of different culture’s holidays*

**Emergence** We commit to honoring what arises in the individual and collective body in the moment, even if it surprises us or makes us uncomfortable.

Aspirations

Cultivating resilience in order to be with discomfort. Being with the mystery of what’s unfolding and the embodied knowledge that we’re all needed even if we are not in close relationship.

*Examples:*

- *centering marginalized voices - willingness to listen and learn*
- *practicing slowing down, noticing habits, staying in connection, getting support.*



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## Tools and Technologies

For being in community together

### **Together We Fly! Together We Dive!**

Acknowledging that we will F\* up and make mistakes. An inherent part of sharing such vulnerable space together involves getting messy with each other. Having the willingness to dive in, learn new tools and practice staying in community connection.

### **“Ouch” and “Oops”**

There will be bumps along the way. Our words and actions can intentionally or unintentionally be harmful to someone else. We practice acknowledging when we feel an “ouch” within ourselves and on behalf of marginalized communities, listening and reflecting with our “oops” when we’ve caused harm, and showing up for our own learning/unlearning around power and privilege.

### **Generative Conflict Process/Map**

Available at: <https://somaticsexeducator.com/policies-2/generative-conflict-policy/>

Steps - What to do in a conflict at ISSSE:

1. Anchor Safety and Belonging
2. Supported Soul Inquiry
3. Understand History and Context
4. Economy: Pick your Battles
5. Queer Roles and Outcomes
6. Community Ritual
7. Harvest the Learnings

### **Naming Dynamics**

Naming dynamics can be a valuable tool in container setting in group spaces as well as working individually with clients. Inherent power differentials always exist within a group and between clients and practitioners. These dynamics can create situations where participants/clients go along with or endure something they are not ok with or prohibit those with less power to have access to choosing or taking up space. Acknowledging these dynamics and offering space to make known some of the more hidden identity relationships that can inhibit someone from feeling safe-enough can help create more trust and possibilities. This is not a time for everyone to name their identities.

### **Quiet Room**

Stepping out of the group space in order to tend to your body. Reaching for support when needed.

### **3 Deep Breaths**

Take 3 deep breaths before you share: Pausing, centering, and slowing down in order to make room for other’s voices, experiences and reflections in the group space.