

## Common values

---

When the group is taking shape, members together should come up with a few rules in common to form a space where trust exists among all the participants and all outside authorities involved in the project.

### COMMON VALUES: TAKE CARE...

- TAKE CARE      **of yourself:**
- Right to refrain
  - Right to stop
  - Right to speak

- TAKE CARE      **of others:**
- Privacy
  - Non-judgemental (use 'I' when speaking)
  - Listen

- TAKE CARE      **of the group**
- Active presence

The above elements are the outcome of reflections and theoretical premises that have a connection with adult education and group dynamics. They ensure that a minimal framework is in place so that each participant feels safe and at ease in expressing themselves.

Each person is responsible for absorbing these elements and applying them. The elements may also be given new meaning and/or added to, especially when evaluating the results of the programme at the end.