

GOOD COMPANY GATHERINGS

COMFORT AGREEMENT

In This Space We:

- Work together to **create a welcoming environment**.
- Honor that **what is said here, stays here**.
- Recognize that **this is a peer group** of people supporting each other; this is a non-clinical space. We are not here to fix, analyze, or diagnose one another.
- **Ask before giving words of support, questions, and/or advice**, making sure the person who just shared is open to feedback.
- **Share the space** and give everyone an equal opportunity to talk.
- Believe content warnings are helpful when possible, but we also join in understanding that many **potentially sensitive topics may be talked about**.
- **Encourage everyone to meet their needs** as we engage (*examples may include: turning off the camera, stepping away, turning down the volume, etc.*).
- Are **receptive to being asked to own our impact** when we cause harm.
- Are all cosplaying as humans and **are out here trying**, but we at least have one another.
- **Believe everyone's freedom and well-being are connected**. When we work to challenge and undo things like racism, sexism, transphobia, and ableism, we're helping create a space where everyone can belong and heal. When we share or learn from one another, we do it with care and solidarity, not to shame or criticize. We can hold each other accountable while still seeing the good in each other.
- **Avoid pointing out things that make someone feel "othered,"** like their accent, body, or appearance. Everyone deserves to feel safe in being seen here.

Good Company Gatherings is a collaborative project of To Write Love on Her Arms and Peer Support Space.

**TO
WRITE
LOVE
ON HER
ARMS***



Peer Support Space, Inc.