



# Community Agreements

Maine Public Health Association is committed to improving and sustaining the health and well-being of all people in Maine through health promotion, disease prevention, and the advancement of health equity. We strive to ensure a diverse array of voices are included, heard, and benefit in and from our work. As such, we are committed to the following community agreements.

## **BE BOLD**

Abandon perfection. Take risks with your thoughts.

## **BE CURIOUS**

Ask questions to understand. Try on new ideas.

## **CONNECT**

Reach out to others. Continue conversations after the meeting.

## **STEP UP. STEP BACK.**

Allow all voices to be heard. Invite others in. Amplify marginalized voices.

## **TRUST INTENT. NAME IMPACT.**

No matter your intent, be accountable for your impact.

## **POSITIONALITY**

Be aware of your identities and privilege.

## **CONFIDENTIALITY**

Share themes and ideas, not someone else's story.

## **RIGHT TO PASS**

Say "I pass" if you do not wish to speak.

## **TAKE CARE**

Be kind to yourself and others. Take breaks. Water and de-water. Move your body.

## **LISTEN LONGER**

Be present. Try to avoid planning what you will say as you listen to others.