

Hope Hour longs to be a welcoming and safe space for all. As such, below are a few community guidelines we hope you will find useful.

*Please note, this list is not exhaustive and it may be added to or amended at any time. Please check back for updates.*

- **Time to listen:** Hope Hour encourages you to come with a learning and inquisitive mindset that favours listening first.
- **Confidentiality:** A good rule is if you're not sure you have permission to share, then don't. Set your own expectations for confidentiality, kindly, when you share your stories.
- **Honest questions, honestly asked:** we work from the position that all questions are asked with the aim of learning and without an agenda.
- **Not knowing is ok:** needing time to think and reflect is important. It goes hand in hand with an honest aim of understanding.
- **Harassment of any kind is not permitted.** This includes, but is not limited to offensive and unwelcome comments, threats of violence, incitement to violence, deliberate intimidation, stalking, harassing photography or recording, sustained disruption of discussion, pattern of inappropriate social contact, publication of non-harassing private communication.

*Hope Hour reserves the right to remove any members/comments/interactions that do not adhere to these guidelines.*

Let us know what else you would find helpful: [hopehourcontact@gmail.com](mailto:hopehourcontact@gmail.com)

Upload date: 15<sup>th</sup> September 2023

