

# Code of Right Conduct Agreement

## Outside Now Teen Programs

This current agreement is inspired by the right conduct expected of growing youth by elders within indigenous, earth-based cultures and is built upon codes of conduct developed by past Outside Now teens and their mentors. Committing to the practice of right conduct creates a culture of connection within which everyone feels safe and valued and within which growth, understanding, and transformation can occur.

All teens and mentors, please read and reflect upon the following agreements that will be guiding our time together. Being part of an Outside Now teen program means committing to *practice* keeping these agreements:

### **Participating**

We agree to show up fully, willing to grow beyond our current comfort zone.

What “participating” can look like:

- Willingly joining in activities, conversations, and practices, even those that aren’t favorites
- Bringing fresh ideas, projects, and practices for the group to explore
- Challenging ourselves and encouraging others to push past perceived limits

### **Respecting**

We agree to demonstrate respect for ourselves, for each other, and for the land. In this way, we recognize the interdependence of all life forms and elements on the planet—the health and well being of everyone and everything on earth is interconnected.

What “respecting” can look like:

- Taking time to reflect upon what *being respected* and *living respectfully* look and feel like for each of us
- Caring for our body, mind, heart, and spirit
- Cultivating relationships with people, other life forms, and the land
- Walking softly in nature

### **Peacemaking**

We agree to reflect upon the impact of our actions and words—do they help or harm self, others, and/or the natural world? When the community we create together does not feel in balance, when there is conflict or misunderstanding, we agree to work as individuals and as a group to restore the balance through peacemaking efforts.

What “peacemaking” can look like:

- Seeking to be inclusive by bringing an attitude of acceptance and curiosity when recognizing the diversity within our group. (Diversity examples: family values, gifts and interests, life experiences, personal identities)
- Using Sit Spot time for self-reflection before entering a peacemaking process
- Asking for support from a friend or mentor to prepare for a peacemaking conversation
- Speaking your truth in council exchanges using effective communication skills both as a speaker and as a listener, to support or restore balance to the group, even though that may feel uncomfortable
- Becoming more emotionally literate by identifying and sharing feelings with one another, when doing so will contribute to greater understanding within the group