



YPAR in School

Building Trust & Setting Ground Rules

Lesson adapted from:
YPAR Hub. (n.d.). *Setting ground rules*. <http://yparhub.berkeley.edu/get-started-lessons/setting-ground-rules/>



Objective

To create a space that allows participants to feel comfortable sharing their thoughts, beliefs, and experiences

Activity #1 Building Trust

Materials

- Markers
- 1 Piece of paper for each participant

Scribble Drawing Icebreaker

1. Give participants a piece of paper and marker and tell them to scribble until you say to stop (about 5-10 seconds).
2. Next, have them trade papers and try to create a picture out of someone else's scribble.
3. Debrief by discussing how each one of them used their own perspectives and creativity to create a positive change. Stress the need for creative thinking and how something that is initially nothing special (or a problem) can be transformed into something interesting, useful, or even beautiful.



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Activity #1 Building Trust, cont.

This can be done in exclusively print-based form, face to face, but it is also a great place to introduce students to an online platform that you might use (e.g., SeeSaw, Google, or another online forum). If you plan to use an online forum, ask students to upload pictures of the drawings to SeeSaw.

Activity #2: Setting Ground Rules

Materials:

- Butcher paper/flip chart paper
- Markers
- Tape

Setting Ground Rules

Before the activity:

Ask participants to think about why they think having ground rules is important. Have a handful of participants share their reasons and offer a few moments for response to what is shared.

Activity:

Setting and agreeing on ground rules that will guide the group is a first step to creating a safe space; it is recommended at the first meeting.

You can start with a few common ground rules and ask the youth participants to add their own.

Examples:

- There are no stupid questions.
- Avoid side conversations when someone is speaking to the group.



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Activity #2: Setting Ground Rules, cont.

Examples (continued):

- Use “I” statements when speaking.
- Be willing to share your ideas and experiences with others, even though you may feel your ideas are different.
- Be accountable to the team — if you say you will do something, do it.
 - Give each other the benefit of the doubt.
- Everything discussed during the session is confidential. This includes sharing others’ experiences with people outside the group verbally or in writing. Be mindful of sharing others’ ideas or experiences within the group; ask permission before sharing.

Assessment & Reflection

Facilitate a discussion about how these ground rules will create a safe space. If anything is missing, add it to the list.

Discuss the importance of following the rules and holding each other accountable.

Outcome

Post the rules in the classroom and remind participants to look at them

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