

*What is said here must stay here, but what is learned here must be shared.*

## Body Talk safe space policy

- Do** talk about your experiences.
- Do** let others have equal time to talk.
- Do** credit others for great ideas you took from them.
- Do** acknowledge your privilege and be open to feedback.
- Do** make mistakes, and do learn from them.
- Do** forgive others' honest mistakes.
  
- Do not** personally attack others.
- Do not** talk over other people.
- Do not** analyze others' feelings; use "I/me" instead.

## One-strike rule

Any person that receives feedback that their behaviour is making others uncomfortable **and is not willing to adjust their behaviour** will be asked to leave. Honest mistakes that the person is willing to correct **don't count**.

## Two-strike rule

Any person that **has received a strike on two occasions** will be banned from all future BIP events.

## Zero-tolerance policy

We have zero tolerance for violence, personal attacks or openly hateful behaviour. These result in an immediate ban.

*Body Talk is a place where individuals can share (without pressure and in confidentiality) their lived experiences and info sources without silencing or undermining the lived experiences of others.*

## Brief guide to common terms

**Body positivity:** treating our bodies with respect and acceptance, regardless of what our bodies are like. Body shaming (considering one's body or bodily choices "not good enough") could be considered the opposite of body positivity.

**Disability:** temporary or permanent, by birth, injury, or disease, disability is related to: physical appearance, functions of the mind and body (both internally and externally), pain, fatigue, method of communication, consciousness, etc. The term "disability" only applies to body traits as long as these traits are considered unacceptable or are regularly unaccounted for in cultural and institutional settings.

**Gender:** the cultural construction of sexual difference; the way the sexes are perceived, evaluated, and expected to behave.

**Oppression:** when a group with more social, political or economic power denies privileges to, devalues and/or exploits other groups.

**Privilege:** benefits we get because of characteristics we just happen to have and didn't work for. An example is white privilege, where white people don't face institutionalized racism (white people more likely to get hired, tend to get lighter sentences for similar crimes, are much less stereotyped in the media, etc.).

**Race:** a category of people who have been singled out as inferior or superior, often on the basis of (real or perceived) physical characteristics.

**Transness (gender history):** when someone does not identify as the gender they were assigned at birth.