Presented by Student Health & Counseling Services
Week 2 - Equality

Let’s Stretch . . .

A Few Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Chat privately for specific needs

Group Agreements

- Confidentiality
- Judgement Free Zone
- Respect Each other
- Ask permission before giving advice
- Trigger Warning (Let Folx Know)

Group Values

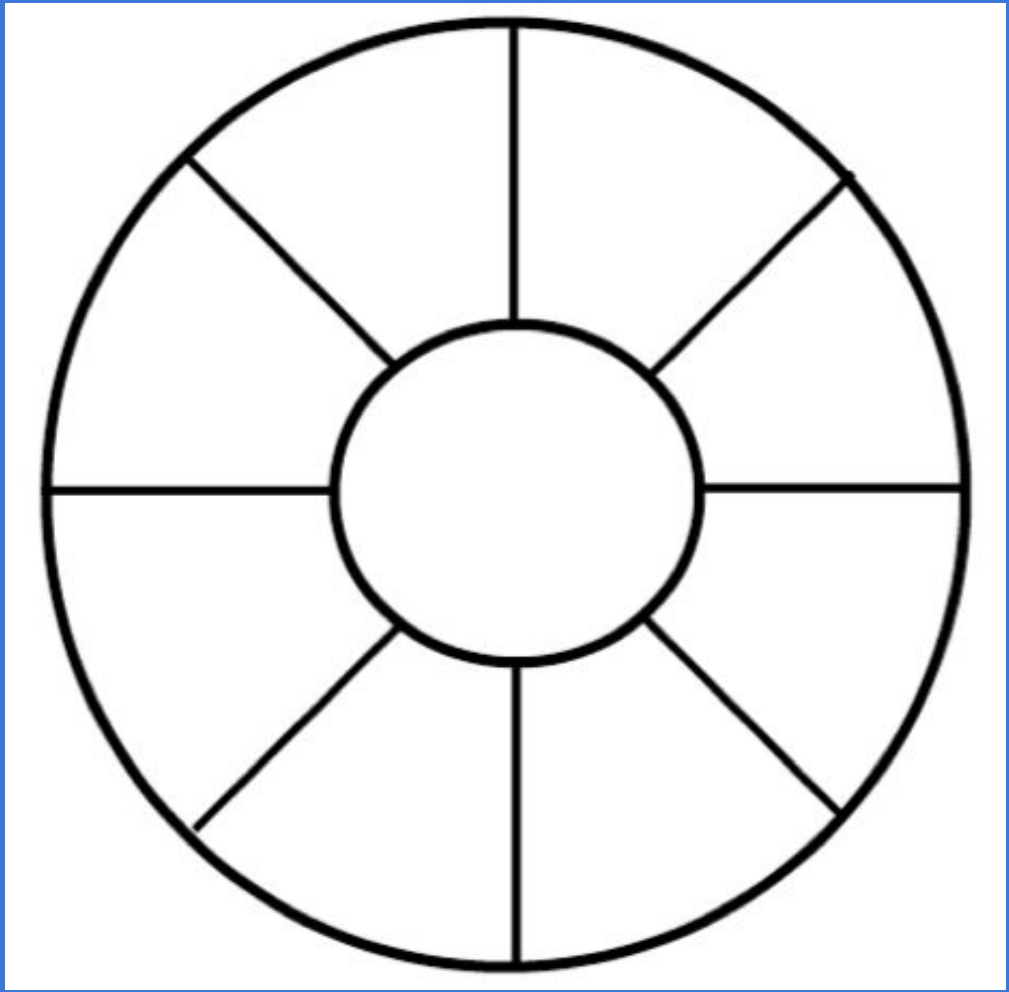
- Compassion
- Empathy
- Be open minded
- Communicate your Needs
- Be your own Boo/Take Care of Your Needs (Restroom, drinks, snacks, etc.)

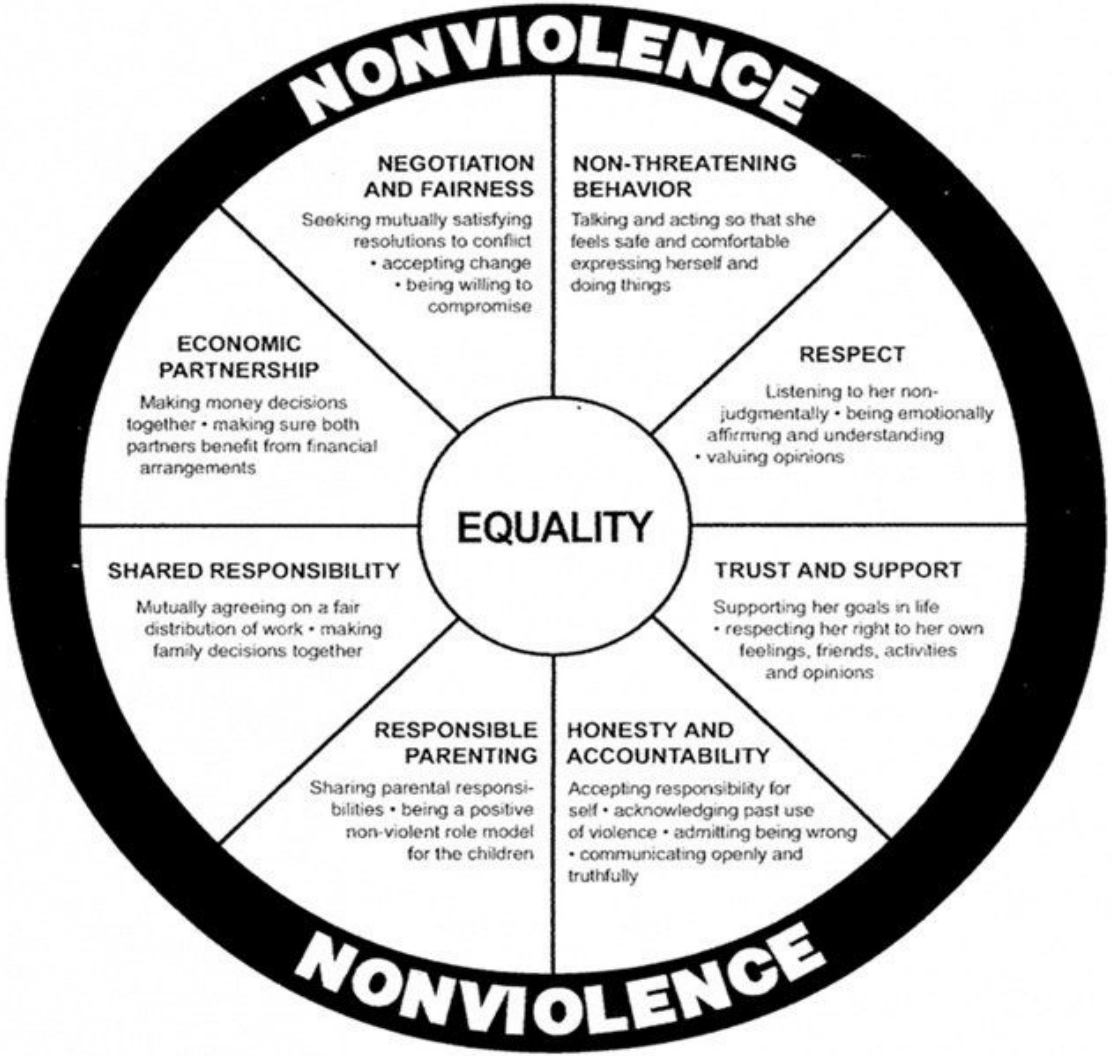
Introductions:
Share your name, year @ CSUEB, major & favorite type of snack food

Topics for today’s Group:

- What does equality mean to you?
- What does equality look like in a: friendship, within our families, or in a romantic partnership?
- What do we need from our loved ones to feel safe and respected?

What are the different pieces that create an equal relationship?




NONVIOLENCE
NEGOTIATION AND FAIRNESS
Seeking mutually satisfying resolutions to conflict • accepting change • being willing to compromise
NON-THREATENING BEHAVIOR
Talking and acting so that she feels safe and comfortable expressing herself and doing things
ECONOMIC PARTNERSHIP
Making money decisions together • making sure both partners benefit from financial arrangements
RESPECT
Listening to her non-judgmentally • being emotionally affirming and understanding • valuing opinions
EQUALITY
SHARED RESPONSIBILITY
Mutually agreeing on a fair distribution of work • making family decisions together
TRUST AND SUPPORT
Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions
RESPONSIBLE PARENTING
Sharing parental responsibilities • being a positive non-violent role model for the children
HONESTY AND ACCOUNTABILITY
Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully
NONVIOLENCE

Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
  - What is one thing you are taking from the group this week?
- Please use the same link to return next week

thank you