

Example Discussion Rules for Faculty Led Program Participants:

- Ask follow-up questions
- Give people time and space to think
- Be as honest as possible
- Devote your full attention to the person who is talking
- Feel empowered to disagree or pushback
- Respect differing opinions

Tips for Program Directors:

- Challenge yourself and students to lean into the discomfort
- Respect your students' boundaries
- Leverage campus/community resources
- Ask for and grant permission
- Refer back to the guidelines often

****The goal is to create a brave space for discussion****

Mindfulness Activities:

- [2 minute group walking meditation](#)
- [1 minute group sitting meditation](#)
- [Travel meditation](#)
- Reflection prompts:
 - How have your experiences impacted your sense of self?
 - How are you feeling and what has impacted your emotional state?
 - How have your experiences impacted your sense of the U.S. and its place in the world?