

GROUP AGREEMENT

INTUITIVE EATING CLASS

1. Everything said in this group/class is confidential.
2. We will not be promoting any kind of diet, weight loss, or diet culture.
3. Show compassion to yourself and others.
4. Your learning - your responsibility.
 - a. Be on-time
 - b. If conditions allow, camera is on.
 - c. Limit distractions during class time.
5. Participants must respect the natural diversity of body sizes and shapes, and refrain from the use of language rooted in anti-fat bias.
6. Out of respect for other classmates and to help us move away from diet culture, please avoid using the language of diet culture. This includes talking about weight loss as “healthy” or “good,” thin as “better” or more “worthy.”
7. No one is required to answer a question that makes them uncomfortable. You have the right to pass.
8. Keep in mind that if you have a history of disordered eating/ eating disorder and find yourself being triggered by the materials, language, or conversations it may be an indication that you might benefit (or need) individual supervision or therapy.
9. If you have a health condition - and currently working with a medical team for treatment you will let them know you are taking this class.

We're all in this learning adventure together, each on our own rollercoaster journey. No question is too out there, no answer too bananas. It's all about flexing those brain muscles and daring to think outside the box. Let's cheer on each other's learning with high-fives and virtual confetti!