



DAY ONE[®] MINNESOTA Summit 2019

As champions for equality and human rights, the network of Day One[®] works to ensure that no call for help goes unanswered so that all in need can find safety and support. Day One is a statewide program of Cornerstone.

LOGISTICS

CELL PHONE USAGE: Please place your cell phone on vibrate or turn it off during presentations. If you need to step out to place or return a call, please hold phone conversations away from the breakout rooms.

RESPECTFUL PICTURE TAKING: Please ask before you take someone's picture. If you do not want to be photographed, there are yellow dots for your name tags at the registration table, which indicate that you do not want your picture taken.

ACCESSIBILITY: As we work together to create accessible spaces for all abilities, please be mindful of not blocking hallways or aisles and keeping belongings close by you or under chairs. Please feel comfortable to do what works best for you as it relates to sitting and standing as needed throughout any of the presentations or activities.

American Sign Language (ASL) Interpreters will be provided throughout the Summit to assist you in communicating with our partners that identify as Deaf/Hard of Hearing. ASL Interpreters will have black identification ribbons on their name badges. Some reminder tips when using interpreters:

- Speak directly to the person you are having the conversation with, not the interpreter
- Speak in your normal voice and at a typical pace; interpreters are skilled at asking you to repeat or clarify any statements/questions they would like you to expand upon so they can communicate effectively
- Do not stand between the interpreter and the person you are holding a conversation with
- We have provided ThinkSelf and Day One tip cards Communicating with Deaf Persons in Social Settings on the informational tables in the registration area.

WORKSHOP MATERIALS: Speakers have shared their PowerPoints and other materials from their presentations. They are available for download at www.dayoneservices.org/2019summit.

QUESTIONS AND COMMENTS: We encourage comments and questions when presenters open the floor up. Please state your first name before any comments and use a microphone in larger settings.

NAME TAGS: Please wear your name tag during Summit hours. This assists in others getting to know you and identifies you as an attendee to the Day One team, volunteers, and Grand View staff.

GENDER NEUTRAL RESTROOMS: Gender neutral restrooms are located on the main floor of the North Hotel, by the Imagine meeting room.

QUIET SPACES: There are several areas in the venue to take a break, be by yourself for a moment, or make calls. We have set aside the Library in the North Hotel as a quiet, meditative space for reflection.

GROUP AGREEMENTS

- Awareness of body language
- Kindness towards self and others
- Gratitude for the space, time, and people around us
- Resourcefulness
- Being mindfully present in the moment
- Take space, make space
- Stay curious and open
- "Wait, why am I talking?"
- Commitment to centering racial equality, diversity and inclusion
- Practicing flexibility

SAFE SPACE VS. BRAVE SPACE

Safe space and brave space provide different types of spaces and outcomes. Safe space allows for a supportive and non-judgmental conversation that allows for openness of identities and experiences. Brave space works towards opening dialogue to recognizing differences and keeps all of us accountable together in sharing experiences and new understandings.

SAFE SPACE	BRAVE SPACE
Free of discomfort or difficulty/ Experience discomfort as a violation of "safe" space ground rules	Explore content that pushes one outside of their comfort zones / Experience discomfort as pre-requisite to learning
Agree to disagree	Controversy with civility
Don't take things personally	Own your intentions and your impact
Determine for yourself to what degree you can participate/Remove yourself if you get triggered	Be aware of what factors influence your decisions about whether to challenge yourself on a given issue

Adapted from Z. Ruby White

Both safe and brave spaces are necessary for growth. If you are seeking a quiet place to reflect during or after sessions, please make use of the quiet space located in the library.