



Young Friends Guidelines Affirmation

Last Name

First Name

INSTRUCTIONS: Participants and guardians, please read and sign the Guidelines of the Young Friends community and return to: Philadelphia Yearly Meeting, Young Friends Program, 1515 Cherry Street, Philadelphia, PA 19102. The Young Friends Guidelines are developed by Young Friends and approved in Meeting for Worship with Attention to Business. The most recent adjustments were completed December 2017. Flip this page to find a guide to consequences of Guideline violations for your further information.

YOUNG FRIENDS GUIDELINES

Respect each other – Build each other up, don't tear each other down; don't talk when others are speaking, and respect others' needs and requests with your own actions.

Ouch / Oops – If someone says something that feels hurtful to you, say "ouch" to communicate the experience in a low-key way. The other person can say "oops" to indicate that the harm was accidental. This way we can name triggers and mild hurts without significantly interrupting. If a hurt needs more attention, approach the person directly and explicitly rather than using Ouch/Oops.

Technology – No cell phones, earphones, or personal screens are allowed during scheduled time.

No drugs / alcohol – If it's an illegal substance outside Young Friends, it's illegal in Young Friends. (This includes marijuana and prescription drugs that are not prescribed to you.)

Tobacco use is a solitary activity. Those who are addicted to nicotine may, during unscheduled time, go outside and use tobacco by themselves, then return to the rest of our community. **There is no** bumming, borrowing, renting, buying, or selling of tobacco products at a Young Friends Gatherings. We do not want Young Friends or adults to use tobacco, but we will support them to quit when they are ready, and help them not to use tobacco products at Gatherings. We ask that the Friends who smoke know and abide by state smoking regulations and laws. They are linked on the PYM website: <http://www.pym.org/young-friends/wp-content/uploads/sites/20/2018/02/Smoking-Regulations-by-State.pdf>

No sexual activity – kissing, etc.

- **One person to a bed / sleeping mattress** – during sleeping hours. Additionally, there should be several inches between peoples separate sleeping mats.
- **Pizza rule** – ask someone you're romantically interested in at Young Friends out for pizza after the gathering instead of starting a relationship in Young Friends or having your relationship exist only in Young Friends.
- **Tricycle** – When people are acting exclusive or couple-y, (either via physical affection/cuddliness or only spending time together, etc.) you can say "tricycle" to bring it to their attention. If someone calls "tricycle" on you, don't argue, change your behavior.

Enthusiastic consent - Enthusiastic consent is a verbal "yes" in addition to positive or enthusiastic body language. Get enthusiastic consent for both activities and physical touch. We want Young Friends to be a place where everyone's needs and desires get honored, whether they are spoken or not. The practice of ensuring enthusiastic consent is an important piece of this.

Sports Bra Rule – Except when changing privately, everyone will have the area that can be covered by a sports bra covered regardless of gender. Swimming and sleeping are exceptions. If sleeping topless, clothes must be within arm's reach, and Friends should attempt to keep the area covered by a sports bra covered by a blanket/sleeping bag.

Rule of 3 with FAPs – A Friendly Adult Presence (FAP) and a Young Friend shall never be alone together! Rather, there must always be another Young Friend or another FAP with them, which leaves a total minimum of 3 people whenever FAPs and Young Friends are together. Private conversation between one Young Friend and one FAP is allowed, but must take place in the same space where there are others hanging out. (Make sure to tell those folks that you're counting on them to keep Rule of 3). Rule of 3 is everyone's responsibility!

Common Sense – Since we can't make a rule for every instance, use your common sense and share yours with others.

I have read, understand, and agree to the above Young Friends Guidelines. Date: _____

Participant signature: _____ **Print name:** _____

I have read and understand the above Young Friends Guidelines.. Date: _____

Parent/Guardian signature: _____ **Print name:** _____

CONSEQUENCES OF GUIDELINE VIOLATIONS

All of the Young Friends Guidelines are important to the community. When we don't follow the Guidelines to the maximum, the community is not as strong as it could be. When we break a Guideline, it creates a rift in community and requires adults to assume a policing role, which is just as unpleasant for them as it is for Young Friends. Some Guidelines may seem subjective, while others are very clear and measurable. The following is a guide developed by PYM Young Friends themselves for consequences of Guideline violations. The consequences described are intended to be subject to individual circumstances.

The intention of these consequences are to: be proportional; give an opportunity for a person to take responsibility for the violation and its impacts; be preventative, with a somewhat punitive element that deters repetition and others' from violating Guidelines; offer an opportunity for growth of the individual in a way that's related to the breach; offer pastoral care; offer a way back into trust and integrity with the community; protect the community.

PYM YOUNG FRIENDS GUIDE TO CONSEQUENCES FOR GUIDELINE VIOLATIONS

A Level 1 infraction is a violation of a minor or subjective guideline, for instance: using technology during group/ program time, briefly breaking the sports bra rule, breaking the common sense guideline, behaving disrespectfully or exclusively. Example consequence: verbal reminder and/or reprimand.

A Level 2 infraction is when a level 1 infraction is repeated, or when a more concrete or slightly more serious guideline is violated, for instance: if Young Friends are on the same mattress/bed at night, if someone bums a cigarette or otherwise breaks the Smoking Guideline, if people kiss, etc. Example consequence: extra cleaning chore to make amends with community.

A Level 3 infraction is when a level 2 infraction is repeated or when a serious guideline is violated, for instance: a Young Friend steals items from others, Young Friends engage in sexual activity together beyond a kiss, or a Young Friends uses illegal substances. Example consequences: writing a letter taking responsibility and offering apology to the Young Friends community, to be read aloud at the next Business Meeting; being suspended from a few gatherings.

A Level 4 infraction is when a level 3 infraction is repeated or when a Young Friend harms others, by, for instance: supplying illegal substances to others, purposefully injuring another physically, physically, sexually, or emotionally abusing or assaulting others. Example consequence: suspension or expulsion.