

# Ground Rules and Participant Code of Behavior

At NORÐ-events, everyone should feel safe, respected, and included, and be able to participate in the program on equal terms, appropriate to their ability.

This Code of Behavior helps us ensure and create a positive, inclusive and welcoming environment at the Youth, Peace and Security – Nordic Youth Seminar.

This code applies to every participant and all NORÐ-activities.

**This code should be signed by every participant and brought to the event where the facilitators will collect it.**

## Ground rules

We expect all participants to follow these ground rules:

### 1. Treat everybody with respect

- We have zero tolerance for bullying, racism, sexism, homophobia or any other type of discrimination

### 2. Respect other people's personal boundaries

- We are all different and have different boundaries. If you are unsure of another person's boundaries, ask them!
- We have zero tolerance for sexual harassment and assault

### 3. The organizers need to be in control to ensure safety

- This includes knowing if you go anywhere away from the activity

### 4. Alcohol is not prohibited, but drink responsibly

- Alcohol is not prohibited, but we expect those of you that drink to drink responsibly and moderately. You may **not** bring your own alcohol.
- We come from different cultures and countries with different laws and views regarding alcohol and drinking. Be aware that your own limits might be different from other people's.

## DUF's social interaction policy

At NORÐ-events, DUF's social interaction policy applies. You can find it here:

<https://duf.dk/artikel/dufs-samvaerspolitik>

It contains information on:

- What to do if you yourself experience something that crosses your boundaries
- What to do if you see someone behaving inappropriately towards others
- What DUF does when you or others report inappropriate behavior

**As a participant, I will:**

- Be friendly, polite and helpful toward others
- Be inclusive – especially if I notice someone being left out
- Respect everyone regardless of things like age, gender, sex, sexual orientation, ability, race, cultural background or religious beliefs
- Respect the boundaries, privacy and property of others
- Keep myself safe
- Challenge and report bullying or inappropriate behavior by others to the facilitators
- Contribute to creating a safe space for everyone
- Be a good role model to others
- Openly share my opinions, needs and concerns and give space to others
- Encourage others to share their ideas and opinions
- Follow the rules

**I have the right to:**

- Be and feel safe
- Be listened to and be believed
- Be respected and treated fairly
- Be protected from abuse from other participants or external parties
- Participate on an equal basis, appropriate to my ability
- Ask for and get help

**I will not:**

- Pick on, make fun of, be mean to or bully others
- Get involved in peer pressure or push others into something they do not want to do
- Break the ground rules
- Break the law

I understand and agree to follow this Code of Behavior.

I understand that if I don't follow this code, there may be serious consequences: I may have to leave the activity and be sent home at my own expense.

**Signature of participant:**

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