



Ground rules for DEMOS Dialogues

- 1 Listen to the others, do not interrupt or start additional conversations**

"Everyone must have the opportunity to explain their views in peace. It is important that we do not interrupt each other or whisper with the person next to us."
- 2 Share your own thoughts and experiences**

"To be able to better understand the issue discussed and each other, it is a good idea to talk about our own thoughts and experiences. This means that we tell others what issues, events and situations have affected our views."
- 3 Respect the other participants**

"Let's respect different people and the different views people have. Let's be aware and considerate of different emotions and possible unspoken power dynamics."
- 4 Consider things in peace and relate what you say to what others have said**

"You don't need to have the right answers. Dialogue is about being curious and about thinking about different issues together. We do not need to reach unanimity or solutions."
- 5 Be present and respect the confidentiality of the dialogue**

"In a dialogue, it is important to concentrate on each other and on the issue, so let's keep the mobiles and laptops stored away. Let's keep the conversation confidential so that everyone can talk as freely as possible. You can share your own thoughts forward but if you want to share someone else's, ask them for permission."
- 6 Be open to change**

"Dialogue can move us. It can create new insights and make us change our points of view. It can encourage us to act and discuss the issue forward with other people. Good things can happen and DEMOS Dialogue is a way to start!"