Ground Rules, Consent, and Agreement

Print double-sided, one sheet per session. Fill in the front at the beginning, before the parties start sharing their stories. Fill in the back at the end, once the agreement is on the table. Write in block letters so both parties can read it.

Ground Rules

Before people start sharing their stories, the mediator sets ground rules. Ground rules are simple promises that protect respect and safety.

1. One person speaks at a time.	The other person listens.
2. Respectful language.	No insults, no name-calling, no threats.
3. Breaks are allowed.	Anyone can ask for a short pause if emotions are too strong.

Our own rules:

Consent

“Do you both agree to these rules?”	☐ Person A	☐ Person B
“Are you willing to try mediation today?”	☐ Person A	☐ Person B

Mediation is voluntary. If someone does not agree, the mediator should not push. Instead, they can pause, suggest a break, or choose a different and safer way.

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