

The Ethical Code of Our Community:

A Commitment to Dignified & Empowered Connection

For Members of Mindful Dating & Larissa Hill's Coaching Programs

We treat ourselves and others with respect, honesty, and care. We hold ourselves accountable, practice clarity, give and receive dignity, and believe that healthy connection begins with healthy communication. These standards are our collective agreement—our shared foundation.

Part 1: Our 10 Values-Based Standards

Part 2: 5 Specific Processes to Support Our Standards

Part 3: Repair and Accountability Process

PART 1: Our 10 Values-Based Standards for Connection. These are based on our universal needs as humans and are not directed at one gender over another. We all deserve to be treated this way.

1. Listen Respectfully: Actively listen to each other, make appropriate eye contact, put your phone out of sight, be present and don't interrupt. Give your undivided attention to whoever you're connecting with and when you can't, name it.
2. Be Honest: Always be truthful and transparent in your interactions. You don't have to disclose everything but we never flat out lie. This includes details on our profiles, our relationship status, STI results, our known feelings, etc. Admit your mistakes factually.
3. Have Integrity: Be honest and consistent in the expression of your moral and ethical principles and values. Live your purpose and values on a day-to-day basis. Share your gifts with others and act in dedication to your values, even if nobody is watching. Take accountability for your thoughts, words, and actions as well as the impact those have on others.
4. Offer & Claim Autonomy: Take ownership of your growth journey, both the successes and the setbacks. Own your needs and allow others the same autonomy - don't take responsibility that isn't yours, or ask others to meet needs that are your own to meet.
5. Be Dependable: Keep your promises and be a reliable partner who can be counted on. Show up when you say you're going to show up. If you have to cancel, do so as early as possible and if you want to reschedule, reschedule.
6. Respect Boundaries: Understand and honor the personal boundaries of others in all interactions. Clearly state the boundaries you have, either upfront or once you feel them being pushed up against. Do not expect others to know your boundaries. You do not need to explain or justify any boundary in order for it to be respected.
7. Communicate with Dignity: Words are powerful; use your words to elevate the conversation, lift others up, speak highly of yourself, and to inspire and confirm. Do not put others or yourself down or cause doubt. Align your thoughts, words, and deeds. Use kind and appropriate language; avoid name calling, stereotyping, derogatory or offensive terms, no sharing unsolicited nudes/near-nude

pictures.

8. Have Patience: Practice patience and give the relationship time to grow organically without pressuring or rushing the other person. Good things come to those who wait - especially in relationships. Patience is not the same as being taken advantage of and it might take a little while to figure out where the line is with the other person.
9. Raise Your Self-Awareness: Be conscious of your own emotions and behaviors and how they affect others. Have clarity in who you are, what you want, and the alignment of your possibilities and choices.
10. Trust the Journey: Embrace the ebbs and flows as signs you're moving forward, knowing that a journey of the heart can be both wild and calm. Do not get jaded, project your hurt onto future connections, operate from stereotypes or self-preservation. Stay open.

Part 2: 5 Practices to Support Our Standards

PART 2: These 5 practices will support our standards and the dignity of others. Staying committed to these 5 practices will ensure a quality community and positive experiences. You'll also find more connection opportunities with people who believe in ethical standards for connection as well. Like-minded people will find you because you hold such a high standard for yourself and your relationships.

1. No Ghosting or Cloaking (unless under signs of stalking or abuse)
2. No Cheating*
3. Follow Your Circle of Trust
4. Disclose and Define Relationships, Meanings, and Boundaries
5. Confirm Dates & Offer Closure

* What cheating is can be defined by you and your partner once you become exclusive. Until you have your own version, and you communicate that to your partner, the following is the universal definition within our community. If you choose not to disclose your definition, assume that this is the definition accepted by others.

Note: "Someone of possibility" is someone of the gender you're attracted to - i.e. "someone of possibility" for a straight man is a woman, lesbians' "someone of possibility" are other women. Their marital status does not matter.

Cheating is defined by "Connecting on an intimate emotional or physical level with someone of possibility other than your exclusive partner. Special consideration should be granted for long time opposite sex friends. Some examples of cheating are:

1. *Physical Touch*: holding hands, long hugs, cuddling, kissing, sex
2. *Special Moments*: romantic moments like dancing in the kitchen, picnics, star gazing
3. *Intimate Sharing*: Telling someone of possibility something that you wouldn't tell your partner.
4. *Intimate Support*: Asking for support from or giving support to someone of possibility that the partner should be the one involved like doctor visits, hospital stays, airport pick ups, etc.
5. *Digital Panting (i.e., seeking flirtatious digital attention)*: Following, liking, or commenting on a stranger's social media accounts because you find them attractive or want attention from them in any way other than learning and self-improvement.

Part 3: Repair and Accountability Process

PART 3: Since we are a social community with many different ways to interact, social accountability is important in order to maintain a safe and thriving community. Here is what happens when someone has been disrespectful within the community.

1. Say Person A has made a disrespectful mistake.
2. Person B files a report about Person A because Person A has created a hostile or unsafe environment that projects negativity, shame, or a lack of integrity.
3. Person A is informed of the report and has the opportunity to share their experience.
4. Person A & Person B are invited to a collaborative Zoom session with admins to establish root cause and problem solve a resolution.
5. If an acceptable solution is not decided, the situation will be handed over to the admins to make a final decision. This may result in removal of one or many members in our community. A removal of any kind does not come with a refund of any kind.

I understand and commit to practicing these standards of connection. I know I won't be perfect, but I will stay curious, honest, and open to feedback as I grow within this community.

Printed Name

Date

Signature