



PFP Conference at Home Community Guidelines and Zoom Tips

- **DON'T ASSUME** anyone's gender identity and/or sexual orientation based on their name, gender expression or relationship status. If you make a mistake, apologize, correct yourself and move on.
- **CONSIDER including your pronouns in your Zoom window name tag.** To do this, go to Participants, mouse over your name, "More" and then "Rename."
- **USE gender neutral language when describing parenting and birth in general,** such as saying "pregnant person" instead of "pregnant woman." Be gender specific when you're talking about your own experience if you'd like.
- **USE language that is inclusive of all sexual orientations and relationships:** Not everyone who identifies as an LGBTQ+ parent, prospective parent or grandparent is in a relationship with someone of the same sex, are monogamous, are partnered, or are only attracted to one gender. Use inclusive language that recognizes bisexual, pansexual, and asexual folks, single parents, poly parents and caregivers.
- **SEARCH the Internet for resources** if you have questions about terms you're not familiar with like cisgender or pansexual versus looking to folks with those identities to educate you.
- **MUTE YOUR AUDIO** unless you are speaking, and keep background noise to a minimum as much as possible.
- **DON'T interrupt** others when they have the floor. Raise your hand to speak next.
- **STEP UP, STEP BACK.** If you are someone who likes to talk a lot, "step back" and let others share and take on a listening role. If you are someone who is usually quiet, "step up" and make your voice heard.
- **BE OPEN** to other people's opinions, ideals, and points of view.
- **PERSONALIZE, DON'T GENERALIZE.** Make your statements about personal opinions and stories. Take care not to generalize about groups of people or tell stories about other people without their consent. (Use "I," not "they" statements.)
- **USE Reactions** in Zoom to raise your hand, clap or otherwise engage. You can change the skin tone in Settings-General.
- **USE the Chat** to ask questions or respond to others. Limit your use of direct chats to necessary communication. **Note:** sessions that are recorded will include a record of everything typed in the chat.
- **BE AWARE** of your surroundings. If you are in a moving vehicle or otherwise out and about, please consider keeping your

video off as the movement around you may be a visual distraction to others.