

## **Our values**

A framework for our lessons and our community.

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## **Dancing at Tanzheit**

Regardless of gender, sexual orientation, origin, class, age or body, everyone should feel comfortable and safe and be able to learn and enjoy dancing.

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## **Way of dealing with mistakes**

We are all responsible for what happens in this room. We want to establish a positive way to deal with mistakes, to enable exchange even in unpleasant or difficult situations so that we can all learn from each other.

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## **Mindful social dance**

We want to create a framework that enables a mindful social dance culture. If you feel uncomfortable or if your limits are exceeded, you can report this to the according person or your teacher.

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## **Consent and physical closeness**

Physical touch is only allowed with mutual consent. If you would like to dance with a person, hug, touch, massage them, etc.: PLEASE ASK FIRST. Only yes means yes and no means no.

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## **Normative ideas**

We try to reflect and deconstruct stereotypes (racist, sexist, trans- and homophobic, ableist, fat-phobic, age-phobic, etc.) and norms.

## **Inclusive language**

We make no assumptions about a person's gender or origin. We respect self-designations without questioning. We ask about pronouns and make sure to use an inclusive language.

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## **Consumption**

In order to enable respectful and careful interactions, we only consume alcohol and other drugs in amounts that we can still act responsibly for ourselves and those around us.

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## **Anonymous mailbox**

Have you experienced or observed a discriminatory situation? Do you have any criticism or a suggestion for improvement?

You can contact your teacher personally at any time. In our changing room you have the opportunity to give anonymous feedback.