

The Raft Project Framework

1

We value each person's wisdom and experience, and don't make assumptions based on our biases.

Our society wants us to believe we can accurately size up people based on their job title, personal style, political party, bank account balance, relationship status, etc. In reality, we don't know shit. Humans are complex beings, and "success" is subjective. Our best support often comes when we least expect it.

2

We are responsible for our own safety and the safety of our groups – we are comfortable with personal boundaries.

Only you can decide what is safe for you. Our community provides a structure for safe connection, but we can't strain out all unhealthy behaviors. With so many people here from all walks of life, pay attention to your intuition. Please set strong boundaries for yourself (your time/emotional energy), and respect the boundaries of others.

3

We don't tell people what to do – what's right for us may not be right for them.

We are only responsible for our own thoughts, feelings, actions, and decisions. We don't believe we know best for anyone else, because we don't live in their head (even if we've been through similar experiences). This isn't a debate. There is rarely one right answer. We can share our life lessons, or what's worked for us ("for me..." or "I've always believed...").

4

When speaking, we frame our opinions as personal beliefs, knowing that others in this diverse community may think differently.

We assume that others in this community feel, think, vote, spend, and pray differently than we do. We don't universalize our beliefs and experiences – we speak for ourselves using "I" language (I believe). There's plenty of room here for our differences. We can love each other through all the gray and be real in a respectful way.



5

We devote our full attention to supporting others when it's their time to be heard, knowing that we will have equal time to be supported.

When we're drowning, it's tempting to grab someone else's life jacket. When we're drowning emotionally, we naturally pull for attention – desperate to find someone who will listen. Here, we work hard to make sure every member has 100% focused time to get the love and support they need. If it's not our time, we don't make it about us.

6

We are here for mental and emotional support – we don't proposition members for financial assistance, romantic relationships, or professional opportunities.

We see people for who they are, not what they can do for us. This is not a place to make sales or ask for favors. When we start valuing people only for how they can solve our problems or dig us out of tough situations, we create an environment that feels like swimming with sharks. Pitches get stitches.

7

We can express strong emotions without attacking, belittling, or disrespecting other members.

Life is stressful. We all get that. And sometimes it's easy to snap at the people closest to you when the going gets tough. But we acknowledge that our emotional distress doesn't give us the right to cause others pain. There's a difference between generally expressing a strong emotion, and aiming at someone specifically.

8

We uphold human dignity and don't tolerate bigotry – this includes jokes or disrespect towards those outside of our own gender, ethnicity, religion, or sexuality.

We are open to many thoughts and beliefs in this community. Difference is what makes life interesting and beautiful. But our openness is fenced within human worth and equality. This includes championing equal rights and opportunities, respecting preferred pronouns and blocking bigoted language/opinions.



9

While we are a safe place to discuss heavy subjects, we can't guarantee secrecy or anonymity – especially in cases of physical harm.

This is not a consequence-free space. While we do prioritize privacy, we don't encourage confidentiality regarding admissions of harmful behavior, especially if it involves abuse, violence, or suicide. If community members are concerned for your safety or the safety of someone in your life, they may act on that concern (unless it's a personal healthcare decision).



10

We are a community of peers, not mental health providers – we don't diagnose, prescribe medication, or facilitate treatments.

We are not mental health professionals, and we are careful not to get in over our heads in regards to serious concerns like personality disorders, suicidal thoughts, nervous breakdowns, etc. It's important to know what we don't know, and be able to identify what issues are better addressed with a licensed therapist.

11

We don't offer unsolicited commentary on other people's bodies or sexuality.

We focus on each other's hearts and minds, not the way they look. If we want a community where people feel safe, we can't allow sexualization, objectification, or harassment of our members. If someone asks specifically for support or feedback around this topic, we give it. But don't make it weird.

12

We honor each other's vulnerability by keeping confidence – if it's not your story to tell, don't tell it.

For the most part, we expect what's said here to stay here. This includes sharing with non-members, as well as others who were not present during the conversation. Members don't need us to update everyone on their situation. If they want to tell us, they will. We use our time to talk about ourselves, not anyone else.