



## **Stand Up For Mental Health Guidelines and Ground Rules For Class Series and Performance with Artreach, Inc.**

### **CLASS GUIDELINES:**

Please be on Zoom 5 minutes before start time.

If you're going to be late or absent from a class please contact both Artreach and David to let them know.

During each class everyone gets a turn to work on their act. Time is budgeted accordingly at the beginning of class. If you're late or absent and don't let us know, then you may not get your turn.

At the first class, we will explain the limits to the number of class sessions that can be missed in order to continue the programs.

### **DURING ZOOM CLASSES:**

**Please be at your device so you can participate and support the other comics during zoom classes.**

We may ask you to mute so the person working can focus, but please leave your video on and be present and attentive to the person who is working with David.

No use of devices (cell phones, iPads etc.) during class other than to write jokes, or by special permission of the instructor. You may of course use your devices during breaks.

## **GROUP SAFETY**

We are here to support each other. With that in mind here are some guidelines:

### **About Feedback:**

Please leave “craft comments” about jokes to David. As a participant, it is important to remain open minded and flexible as you learn the craft of writing comedy.

When David gives feedback, he will tell you:

- why the joke doesn’t work, and
- what you can do to make it stronger.

As a fellow group member, give feedback only when asked by the instructor.

Please be **both honest** and **kind**. If you don’t understand the joke, say so. For example, if you appreciate the set-up but don’t get the punch line (or vice versa), that is very helpful for the comic to know. Everyone’s comments and contributions are equally valid.

We will not all agree with the point of view of each comic, and that is ok. We simply want to support each participant to develop a set of comedy that reflects their own experience.

## **MORE INFO:**

### **Individual work with David:**

Between classes, David will meet with each comic to work on the material.

### **There is a lot of editing in stand up comedy!**

It can take several versions of a joke before you get the content, the rhythm, and the delivery to work. The expectation is that each participant will work on the material from class on their own in between classes as well as meeting with David.

### **If you have a conflict with a participant or the leader:**

Please don’t create drama by discussing the conflict with other group members. First, try directly to solve the issue with the other person. If you’re unable to resolve the conflict directly with that person, then please come to David or Becca and they be glad to help resolve things.

### **Absolutely no abusive behavior will be tolerated.**

This includes, but is not limited to yelling, constantly interrupting, talking over, belittling others, swearing, and expressing anger in destructive ways, etc.

## **CONFIDENTIALITY: Everything that happens in class stays in class.**

People need to feel safe and know that what they say or what happens in class is private and will not be disclosed to anyone. That includes postings on social media like Facebook and X, etc. You can post about your own jokes and material, but not about anyone else's jokes or material.

## **Drugs and Alcohol**

No marijuana, street drugs, or alcohol to be consumed before/at classes or shows. If you have a relapse of your condition, you agree to not come to class until you are stable again.

## **Humor - Some Guidelines**

- No humor that is racist, sexist, homophobic, transphobic, obscene or dirty.
- No swearing, or jokes involving crude sexual references or bodily functions references.
- **Punch up NOT down.** We will explain what this means in class.
- SMH Comedy Society is a non-political organization, so no humor that specifically targets a certain politician or political party although general comments are OK.
- Feel free to make jokes about your own culture, religion, ethnicity, color, gender, sexual orientation, experiences etc., but NOT about anyone else's. We will explain more in class.

## **Material**

**No stealing material from other comics or off the Internet. All of your act must be original.**

**All acts must contain at least 60% mental health or addictions material.**

You own the copyright to all material that you write.

**Please do not perform the material you are working on prior to our show.**

The live performance will be the debut of this material. After the show, you are free to perform your own material as you wish, and to say you are graduates of Stand Up For Mental Health. However, you may not call your shows Stand Up For Mental Health or SMH Comedy Society unless given permission by David Granirer and the SMH Comedy Society. The same guidelines apply to using using Artreach's brand or name for promoting your material.

***Please sign your name to acknowledge that you've read this and agree to the terms.***

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