



Artist Agreement/Expectations

The Blue Bench presents its fifth annual art exhibition featuring art made by survivors of sexual violence. RISE amplifies the stories, voices, and healing journeys of survivors in honor of Sexual Assault Awareness and Prevention Month.

The RISE art show aims to bring survivor artists together to give them a sense of healing and community. In the interest of making this experience meaningful for all artists, we are asking all participants to agree to the following expectations.

Please review the following agreements before submitting your art for review. If you cannot respect these terms, The Blue Bench reserves the right to remove your art from the show at any point.

We are asking all participants to agree to the following expectations:

1. Nonviolent communication
2. Community Agreements
 - a. Respect
 - b. Openness to learning
 - c. Self-Care

Nonviolent Communication

Nonviolent Communication (NVC), also known as compassionate communication, is a method of communication that focuses on expressing feelings and needs in a way that fosters understanding and connection, rather than blaming or judgment. It aims to improve relationships by promoting empathy, respect, and collaboration in communication.

We ask all RISE artists to utilize nonviolent communication when interacting with other artists, gallery staff, and The Blue Bench employees and volunteers. For more information on nonviolent communication, [please visit this website](#).

Community Agreements

- Respect
 - We ask that you respect all RISE artists, artwork, gallery staff, and The Blue Bench staff and volunteers. Please keep all interactions respectful to ensure a positive experience for everyone involved.
 - This respect needs to be carried out throughout the month of April and during all RISE related events.
 - We ask that participants refrain from slandering The Blue Bench, the gallery, or other artists. If you have a negative experience that you'd like to address, please reach out to the show organizers at The Blue Bench to resolve any concerns.
 - The following behaviors will not be tolerated:
 - Physical Violence



- Name Calling
 - Gossiping
 - Bullying
 - Slander/Defamation
- Openness to Learning
 - We ask that everyone be open to considering new perspectives or information that may shift their own understanding about sexual violence.
 - Each artist has their own experiences and levels of comfort, so please be open to understanding each other's boundaries.
- Self-Care
 - We recognize that talking about sexual violence can be difficult at times; so, we encourage you all to take care of yourselves throughout our show and afterwards.
 - If you need direct support, please contact The Blue Bench at 303-329-9922 (para Español, 303-329-9922) or reach out to our 24/7 Sexual Assault Hotline/Linea en Español para ayuda sobre el abuse sexual at 303-322-7273 for free, confidential help.