

# ***PCD UUA MUUGs' Retreat***

***January 15-17, 2016***

**A Middle School Unitarian Universalist Gathering**

***Friday evening through Sunday at 10:30 am***

Are you a \*6-9<sup>th</sup> grader? Would you enjoy meeting other amazing UU middle school youth? At a MUUGS Retreat, you'll be able to meet other youth in small group meetings for play, fun and just talking. Of course, there will be regular meals, snacks, a movie, youth worship and large group activities. The leaders at the retreat will be youth, young adults, and adults who particularly enjoy working with middle school youth.

*\* MUUGs programming is designed for Unitarian Universalist middle-school youth and most consistent with the needs of 7<sup>th</sup> and 8<sup>th</sup> graders. Also welcome are youth in 6<sup>th</sup> grade, and those in 9<sup>th</sup> grade who have not bridged from MUUGs.*

**Friday**    **7 pm:** Registration begins

**8 pm:** Program begins

*NOTE:* No dinner will be served on Friday, please arrive fed!

**Sunday**    ***Programming ends at Noon . All youth must be picked up by 12:30 pm.***

**Place : Unitarian Universalist Congregation of Marin**

**240 Channing Way**

**San Rafael, CA 94903**

**Cost:** \$50/youth (*postmarked by January 8, 2016*)

Registration costs include snacks, three meals on Saturday, breakfast on Sunday and all activities. First time participants in MUUGs pay \$25.

*After January 8, 2016 there is a \$10 late fee.*

*Late registrants must contact the registrar to confirm there is space.*

Deans- Jeremy West, Eva Harrison-Lee, Jason George

**Questions about registration go to our registrar, Marlene Abel:**

707 763-0443 (home), 707 364-4526 (cell), [marlenea@sonic.net](mailto:marlenea@sonic.net)

address: 133 Maria Drive, Petaluma, 94954

Questions about retreats go to the Retreat Coordinators for the MUUGs Ministry:

Logan Stump-Vernon [lsvgamer@gmail.com](mailto:lsvgamer@gmail.com) or Deborah Mason [debmasonuu@gmail.com](mailto:debmasonuu@gmail.com)

Please be sure to remember to bring your own sleeping bag! We've had a few folks forget lately.

## **What to bring**

Sleeping bag, pillow, and pad. Sharing NOT permitted.

Pajamas

Clothing for Saturday and Sunday

Toiletries (toothbrush, toothpaste, deodorant, etc.)

Any required medication (please review medication policy)

An open mind

Books, music, or games to share

## **Leave at home**

Illegal drugs, paraphernalia, alcohol, tobacco products

Hurtful language

Bad attitudes

Tarantulas and other pets

*Please be aware that all items brought to retreats are the bringer's responsibility, including electronic items such as phones and mp3 players. The Pacific Central District and MUUGS planning team cannot be held responsible for loss or damage to personal items.*

## Retreat Policies and Guidelines

**Sleeping Policy:** At each retreat the youth have a choice between a gender (either male or female) identified quiet room, and the gender-neutral room. A movie is played in the gender-neutral room. Each youth must have their own sleeping materials (sleeping bag/blanket, pillow and sleeping pad). At any point in the quiet rooms, and once the movie is over in the co-ed room, all participants are expected to be asleep. Each room has at least 2 adults in it who remain awake until all youth are asleep and who are available to be awoken when needed. Additionally there is a retreat Chaplain in a designated Chaplain room who can also be awoken at anytime."

**Medications:** Please ensure that any medication that a youth may require is brought in a clearly labeled bag, with the intended dosages and timings easily available to the Registrar, Marlene Abel (or her designate in her absence). The registrar will ensure that the youth will receive their medication on time, and that it is kept safe. If possible send only the dosage needed for the length of the event.

### **Policy on Sexuality and Community for All Participants:**

While sexuality is a healthy and important part of young people's lives, there are times and places where sexual behavior is inappropriate. This policy seeks to create a healthy and safe space for all participants.

Exclusive relationships detract from the community. All participants must abide by the following policies:

- Participants must respect each other's physical boundaries.
- Participants shall refrain from sexual, seductive or erotic behavior while at the event.
- Sexual behavior between participants at the event and sexual harassment are not permitted and will not be tolerated.
  - *Any harassment regarding race, color, national origin, religion, age, sex, gender, sexual orientation, or disability will not be tolerated. Such harassment includes unsolicited remarks, gestures or physical contact, display or circulation of written materials or derogatory pictures directed at any of these categories. In addition, sexual advances, jokes, explicit or offensive pictures, requests for sexual favors, sexting, and other verbal or physical conduct of a sexual nature constitute sexual harassment.*

**Covenant:** The Youth participants of have agreed on the following covenant in order to keep our community a safe and healthy place

*We, the attendees of the Middle School Unitarian Universalist Gatherings, do covenant to:*

Encourage and practice a Culture of Consent by supporting each other as we create a safe space.

Respect each other's feelings, boundaries, confidentiality, property, and respect ourselves.

Be mindful of what we do; our actions have effects beyond what we might expect.

Create an inclusive, supportive, affirming space where everyone feels comfortable and equal.

Be with new people as well as old friends; work to be a part of the whole community.

Use electronics respectfully and inclusively.

Take responsibility for our actions, words, and things.

Step Up/Step Back. Listen. Be open to new ideas. Be open to new experiences.

Empower people to voice their needs.

Act as an ally; defend those who need defending.

Balance time for work and time for play.

In MUUGs, our goal is to create a place where we can trust each other, be honest, and maintain peace.

**Resolving Conflict:**

Anyone in a conflict may call for a peer council to resolve it through consensus. Peer councils consist of those involved, one dean, one youth leader, two uninvolved youth, one chaplain, and one adult.

*This is a living document that can be changed as needed.*

**Parents/guardians are invited to discuss these policies and this covenant with youth.**

### **Behavioral Guidelines for Participants**

- Respect the Policy on Sexuality and Community
- No drugs, weapons, or alcohol.
- All participants will remain on-site during the event
- Participants must provide all requested, signed permission and release forms.

**I have read and agree to adhere to these policies and guidelines while at the event. I understand that breach of the Covenant, Policy on Sexuality and Community, or Behavioral Guidelines will result in disciplinary action up to and including dismissal from the event and the inability to attend future PCD MUUGs events.**

Youth Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**I have read and understand the policies, guidelines and covenant that the youth I am responsible for is expected to follow. I agree to be available to retrieve my youth should disciplinary action be taken.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Registration Form**

Pacific Central District UUA MUUGs Retreat

Jan 15-17, 2016

Please mail this form with your check payable to PCD for \$50/youth (\$25 if this is the first retreat for a youth) postmarked by January 8, 2016 to: Marlene Abel 133 Maria Drive, Petaluma, 94954. We offer scholarships to youth in financial need. Please contact the registrar to make a request for financial assistance or carpooling possibilities. We do not want cost or transportation issues to keep youth from participating

NOTE: Do not mail registrations after January 8, 2016 instead contact the registrar to confirm there is space, (Marlene Abel at 707-763-0443 or marlenea @sonic.net)

Carpooling Assistance- Do you permit the release of your email address and phone number to parents/guardians in your geographical area who request carpooling assistance? Yes \_\_\_\_\_ No \_\_\_\_\_

Please state who will be giving your youth a ride home, if known as this time \_\_\_\_\_

Name of Youth \_\_\_\_\_

Grade: \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_ Gender: \_\_\_\_\_

Congregation: \_\_\_\_\_

Youth's email (if checked) \_\_\_\_\_

Does Youth want to Lead a Workshop? If yes, list workshop \_\_\_\_\_

**Emergency Contact Information**

Name \_\_\_\_\_

Relationship to Youth \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Name \_\_\_\_\_

Relationship to Youth \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Food Needs: (Vegetarian, vegan, omnivore, allergies) \_\_\_\_\_

**Medical Information:**

Health concerns for the retreat: \_\_\_\_\_

Medication to be Taken During Retreat \_\_\_\_\_

Physician name \_\_\_\_\_ Phone \_\_\_\_\_

Health Plan \_\_\_\_\_

Health Plan ID # \_\_\_\_\_

Anything else that you would like us to know about your youth? \_\_\_\_\_

**Release:**

I give my consent for my child/ward, \_\_\_\_\_, to participate in the PCD UUA MUUGs Retreat, January 15-17, 2016.. I agree and hereby do release and hold harmless PCD UUA ,the UU Congregation of Marin and all adult supervisors from and for any and all liability that may arise for damages, loss or injuries, either to person or property, which my child may sustain while at the retreat. I give my consent and authority for paid or volunteer adult staff of the program to take any reasonable action to help ensure the safety, health and welfare of my child/ward. I give permission for any emergency medical care deemed immediately necessary or advisable to safeguard my child/ward's health, when I cannot be contacted. I also agree to pay and be responsible for all medical, hospital or other expenses which the UU's of Marin or any and all adult supervisors may incur as a result of securing such treatment. I understand that if my child/ward violates the rules of the retreat, I may be required to retrieve him or her . Severe infractions may result in barring my youth/ward from future MUUG events.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read the Covenant for MUUGS retreats (listed above). I understand that violating the Covenant may result in my being sent home early, and may result in my being unable to attend future MUUGs events. I understand that this covenant was created in order to support a healthy community during the retreat.

Youth Signature: \_\_\_\_\_ Date: \_\_\_\_\_

[ ] I DO NOT CONSENT to allowing my youth's photo to appear on the PCD website, MUUGs Programming materials or publications, or PCD Currents (PCD weekly electronic newsletter) or other Unitarian Universalist publications.

