

Your Rights and Responsibilities as a DUP Dancer

The ***Dances of Universal Peace*** are intended to be a safe space where you can feel comfortable, safe, and free. These suggestions below are ways you can tune in and tune up by taking care of yourself and being sensitive to others.

Your rights and responsibilities as a dancer include the following. Sometimes rights and responsibilities overlap, which is why they are grouped together here.

- Know your physical limits. Feel free to modify any movement that is physically uncomfortable. If you know you become dizzy when turning, feel free to stand still ...If you become dizzy while turning, slow down and bring your arms down in a flowing way to cross them over your chest, opposite hand on each shoulder.
- Participate to the level at which you are comfortable. Some dancers prefer to sit and enjoy the music and dancing from their chairs. Others prefer to sit and sing along, or to sit and sing along and do the movements from their chairs. It's Ok to sit out some dances and dance on others.
- Choose whether or how you feel comfortable hugging when it is part of a dance. Similarly, notice your comfort level in exchanging hugs with others *after* the dance. You can indicate that you prefer *not* to hug by putting your palms together in front of you in a prayer mudra and bowing to the other person instead of hugging. Please honor your boundaries and the boundaries of others. Hugging is not required.
- Sing and do the movements as you are able. If you didn't catch the words, you can ask the dance leader to repeat them. You can sing what you hear others singing or hum or not sing at all. Not all of us are gifted with being able to sing in tune. The dances are not a performance. They are not about perfection but about enjoying the experience.
- Maintain a level of eye contact that you are comfortable with. Cultures have varying customs around eye contact. Some partner dances feature prolonged eye contact, and some are more comfortable with this than others. If you are uncomfortable with it, you can gaze at the spot on the forehead between and above your partner's eyes or you can veil your gaze by turning your attention inwards or semi-closing your eyes.
- Feel safe. If something is happening in the Dances or afterward with any participant or leader that causes you to feel unsafe, or if you feel that your boundaries are not being respected, please let a trusted leader know.
- Act in a respectful way to other dancers. Pay attention to non-verbal cues and honor others' boundaries. Some participants may be uncomfortable with hugs at the end of the meeting and indicate this nonverbally. Be sensitive to nonverbal signals such as a person putting their hands on their hearts or in a prayer mudra and bowing to you instead.
- Recognize that others may have preferences and needs that are different from your own. While some dancers may be comfortable around fragrances, others may not. ***Please refrain from wearing fragrances at the dances as some dancers may be allergic.***
- Take care of yourself. Please bring a water bottle and stay well hydrated. Bring a snack, or medication if needed during the program. Know and respect your physical and psychological needs and limits.
- Recognize and accept other dancer's limitations. Your dance partner may not want to turn as quickly or hold their held hands as high as you do, so be sensitive to those whose hands you are holding and your partner's abilities.

Some of these guidelines may seem self-evident and repetitious...and yet they are important to name and remember. As we attune more deeply to Self and Other, the Dances will deepen, and our communities will be safer and more welcoming for all.

If you have concerns about the ethical behavior of a member of the dance circle, of a leader, or a musician, in addition to speaking with a trusted leader at a dance event, you can also reach out for a preliminary discussion with the DUP Ethics Council or Guidance Council.

You can find information on the DUP Ethical Guidelines for leaders below:

<https://dancesofuniversalpeace.org/posts/dup-agreements-read-and-sign-here-agreements>

Contact info for the DUP Ethics and Guidance Councils is below.

Chair of the Ethics Council: Abraham

Sussman. abraham.sussman@gmail.com

Chair of the Guidance Council: Darvesha Victoria MacDonald.
victoriadarvesha@gmail.com

This flyer was created out of the synergy between long-time certified dance leaders and organizers Suriya Lisa Fladager, Rabia Pam Prichard, Shamsia Sandra Sunfire, Zareen Connie Delaney, among others. They can be reached by using the search function at the following link:

<https://dancesofuniversalpeace.org/members>

Tuning In and Tuning Up: Suggestions for Making the Dances of Universal Peace a Safe Place to BE...

[published 10/01/2025]

