

## 1. NO SHAME AT AIME

One of our oldest catchphrases. At AIME, the word 'shame' is banished. Throughout history, and still today, people have been told to feel shame for being who they are. There's zero tolerance for casting shame on others for expressing themselves or for being who they are at AIME. There's also an open invitation to free expression without feeling shameful for being who you are. "Today, you are you, and that is truer than true. There is no one alive who is Youer than you." Dr Suess

2. NO SWEARING, NO RACISM, NO SEXISM, NO HOMOPHOBIA, NO TRANSPHOBIA

3. EMBODY THE 18 VALUES DURING AIME SESSIONS

4. HAVE FUN

AIME