



Inward Bound  
Mindfulness  
Education

# equity principles

developed in collaboration with Raquel Castro-Corazzini  
& the Diversity, Equity, Inclusion, and Accessibility Committee

**Inward Bound Mindfulness Education's Equity Principles  
seek to focus our organization on how we work with  
and support youth and their families.**

These principles serve as guideposts designed to inform our work as we strive to achieve our mission of addressing issues of equity in all that we do, both internally and externally.

They are also meant to be woven into the fabric of our work instead of an accompanying resource. The integration of equity principles in our decision-making process is essential to meet our Diversity, Equity, Inclusion, and Accessibility goals.

## bias

We acknowledge that individual & institutional bias has excluded marginalized members of our community, regardless of the intention of those excluding.

## accountability

We commit to holding ourselves and each other responsible for both failure and success.

## centering

We recognize that the work we do aims to include everyone. However, we commit to centering this work on marginalized & underrepresented youth of our community and not solely on the comfort of the majority.

## empathy

We will acknowledge the stories of those who have been marginalized, and we will not deny their lived experiences. Their stories are not subjective. Their stories are true.

## transparency

We commit to communicating openly with our community members on our work towards equity and interdependence and considering their feedback as our work continues.

## measurability

We will set out actionable goals, and measure our progress toward those goals.