

## **Group Meeting Guidelines:**

### **ALL MEETINGS:**

- To respect the anonymity of all our members, we ask that people who attend our meetings not talk about who our members are or what they share in meetings.
- Newcomers are usually asked to introduce themselves by their first name; if you feel more comfortable you can use an alias, but please use the same alias every time.
- We work together to create a level of emotional safety within the group. As such, discrimination and harassment will not be tolerated. Please share any concerns with the facilitator should they arise.
- We ask that you limit your sharing to 3-5 minutes, in order that all may have the opportunity to share.

### **IN PERSON MEETINGS:**

- We ask latecomers to find a seat quietly and avoid distracting people.
- We discourage side conversations. Even at a very low whisper, they distract others.
- Phone calls and text messages also distract others. We ask that you please turn off or silence cell phones.

### **ZOOM MEETINGS:**

- Mute your microphone when not speaking.
- Use first name/alias for your screen name.
- Use the raise hand feature to speak.
- All and any text, shares, or messages entered into the text box during the meeting will be deleted immediately after the meeting to ensure the confidentiality and anonymity of our members.