

# DBSA REVERE

## Meeting Guidelines

- **Share the Air** : Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.
- **One person speaks at a time:** Each person should be allowed to speak free from interruption and side conversations.
- **What is said here stays here:** This is the essential principle of confidentiality and MUST be respected by all.
- **Differences of opinion are OK:** We are ALL entitled to our own point of view.
- **We are all equal:** We accept cultural, linguistic, social, and racial differences and promote their acceptance.
- **Use “I” language:** Because we do not participate in discussion groups as credentialed professionals, NO ONE CAN INSTRUCT. We can share from our own personal experiences. We can say: “when I was faced with a similar problem, I...” Always put things in the context of our own experiences. We cannot say – “you should do X.”
- **We avoid the following topics as they may unintentionally harm some participants:** politics, graphic sexual themes, suicidal methods, and details of traumatic events.
- **It’s OK not to share:** People do not have to share if they do not wish to. Much can be gained by just listening.
- **PLEASE DO NOT DRIVE while attending an online group meeting:** This is to obey the laws of the road and also not to be a distraction to the driver or the group, and to stay safe.