



# Group Guidelines

This document outlines a few guidelines designed to ensure the well-being and safety of all group members. Thank you for taking a moment to read it carefully.

- Respect and maintain each member's privacy (e.g., do not discuss a member in their absence)
- Avoid to share members' experiences (e.g., avoid giving advice unless it is specifically requested)
- Avoid discussions about religion, politics, and fundraising activities (e.g., no promotion)
- Refrain from judging others
- Respect each member's right to speak or to remain silent
- Listen attentively to the person speaking (e.g., do not interrupt or engage in side conversations)
- Ask questions and choose whether or not to answer questions addressed to you
- Turn on your camera when possible to help create a warm and connected atmosphere, while knowing that this remains entirely optional

## Confidentiality 101

**By participating in the group, you agree to respect the confidentiality of what is shared.** If you share any content outside the group, please ensure that individuals remain anonymous.

Whenever possible, position yourself in a private, distraction-free space, using headphones or the chat if needed.

Out of respect for privacy, facilitators cannot share information about absent members. Exchanges between members outside the group are encouraged, especially during the welcome period or breaks.

Finally, please note that using online platforms does not guarantee absolute confidentiality, and breaches may occur beyond the control of facilitators and volunteers.