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**SBRN Peer Support and Group Activities**

**Rules of Participation**

1. *Be respectful*. Be supportive and encouraging to each other. Disagreements and debates are acceptable when they are respectful of each other's choices and experiences.
2. Listen to each other and avoid interrupting. Only one person talks at a time. *Give everyone an opportunity to speak.*
3. *Do not contact participants outside of the group/program/event setting without permission*. SBRN assumes no responsibility for interactions or activities that happen outside of SBRN groups/programs/events.
4. *Refrain from lewd, inappropriate or overly intimate language*. Actual and perceived threats, violence, bullying, harassment or stalking behaviors and comments will not be tolerated.
5. *What is shared in the group stays in the group*. Everything said and heard in the group will be treated with respect for the participants’ privacy \*except in the case of dangerous or illegal activities which may be reported to/by SBRN.
6. While everyone is encouraged to participate, *no one needs to say anything they do not want to*.
7. This is a space to share feelings, to receive and offer support, information, and encouragement to each other.
8. Use “I statements” when sharing feelings, thoughts or experiences. Ex: I feel x about y because z.
9. SBRN groups/programs/events offer a space for peer support and *does not replace therapy or other mental health support services*.
10. Practice self-care and kindness to yourself and each other.