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## Group boundaries for COVID-19 online meetings

- **Confidentiality** - do not speak about or share what happens in the group outside of the group and specifically details that someone else reveals about their situation.
- **Privacy** – we can't say that this meeting is 100% private as it's impossible for us to understand your personal setup at home. Unlike a group in a physical space, we can't control the environment you are in.

However, if we all follow these guidelines, we can make it as private as it can possibly be online.

***1. Make sure you are in a quiet space with nobody else around who can see your screen or hear the call. Wearing headphones is also a good option if you can't find a space where nobody will overhear.***

***2. Please don't take pictures of the group online and post on social media even if it's to say thanks or promote the event. This is a sensitive meeting and it shouldn't go online***

***3. Please don't record the audio of the group for yourself or others.***

- **Have respect for everyone and their differences** - everyone is different and we need to accept that difference within the group as a natural part of humanity
- **Listen as much as you talk** - please don't take over your group and interrupt others, ask group members direct questions, prod them to reveal more than they are comfortable with, or directly try and advise what they should/should not do.
- **Be polite to everyone** – treat others in your breakout group, as you would like to be treated. Communicate with kindness, understanding, compassion and empathy. It's what we need and are expecting from each other in this meeting and during the COVID-19 crisis.
- **Be prepared to take risks, but always maintain self-care** - We have planned this as a one-off session online, and it's wise not to reveal

everything about your past as it might impact your wellbeing significantly in the following days.