

Survivors Voices: Peer Support Gathering Guidelines



Respect: We are here to learn from each other and it is OK for each of us to have different experiences, views, problems and solutions. Please accept the contributions of others with the same respect that you would like them to give you and honour the choices they are making as they grow and heal. Be respectful of yourself and others by talking *with* people not *about* them and by talking about your own experiences. Stick to using 'I' statements eg. "*I felt this and the impact on me was this*" rather than making 'you' statements about others. This includes refraining from advice giving (eg. 'you should do x').

Safety: This is a social, peer support space - not a therapy room. Each of us is responsible for our own safety and participation and you are encouraged to seek appropriate support outside of gatherings. During the gathering, there is *no pressure to talk about your experiences of abuse*. Drawing strength from just 'being' with others who understand is totally OK as is talking freely about our journeys - but *without graphic details of abuse so that the sharing space feels as safe as possible*. Only share what you feel comfortable saying and don't probe or ask others for personal details. It is impossible to completely avoid triggers as they are unique to us as individuals. If you find something triggering or upsetting it is ok to say so ("*I find that x causes this reaction in me*") and to do whatever you need to keep safe. Take time out if you need to (someone will pop out and check to see how you are). Please let someone else in the group know if you decide to leave early. If you are aware of having dissociative parts of yourself please do what you can to support, reassure and keep those parts of you safe.

Confidentiality: Many of us may need or want to keep our experiences and participation at this gathering completely private. Please maintain privacy by ensuring that what is shared amongst us remains confidential. You may of course wish to discuss your experiences of the conversations here with other friends and supporters; but please preserve other people's anonymity. Please don't name someone at this gathering without their permission, or disclose the names of any participants outside of this group. If you have communication with others in any other context, be careful not to disclose information inadvertently. Please be aware that if you share something that clearly identifies a child or adult is at risk of significant harm, national safeguarding responsibilities come into play. Please see our Safeguarding policy for full details.

Boundaries and Concerns

We seek to set boundaries that both enable participation as well as keep us all safe. People aren't vetted before attending but everyone is asked to agree to these guidelines and to have read the before attending We will take whatever action is appropriate to address any behaviour that breaches these guidelines or threatens personal safety. We will ask someone to leave, or refuse further attendance, if necessary. If you have a concern about someone's comments or behaviour during the gathering and it isn't possible to address this directly with the person concerned, please inform our facilitators who will try to resolve the issue. If you are still unhappy please see our complaints process, details are via the Survivors Voices (Reshapers) websites and available on the day.

This is a democratic group so we really value your feedback about these guidelines and the way we run this group. Please speak to the facilitators through the group or via the website.