

Survivors Voices: Online Meeting Safety Guidelines



Who are Survivors Voices?

Survivors Voices is a survivor-led organisation that harnesses the expertise of people affected by abuse in order to change society's response to trauma. We work with survivors of all types of abuse, whether experienced as a child or as an adult.

We are part of Reshapers CIC, a non-profit/social enterprise. Our work is undertaken by an experienced network of volunteers and freelancers from a variety of backgrounds. We are all 'experts by experience'. Please see our website for more information www.survivorsvoices.org.

Our Values and Principles

We operate from core values of trust, respect, and inclusion. You can learn more about our values on our website. The principles in our Charter [From Pain into Power](#) underpin all our work; the core principle is that everything we do needs to look unlike and be the opposite of abuse.

Our online meetings and groups follow these values and principles.

Safety Guidelines

Anonymity & confidentiality

Our participation and discussion are private and confidential to the group. Survivors may choose to use a pseudonym, if they wish to remain anonymous. Any personal experience shared remains confidential to this group. Please be careful not to identify others if you meet them outside of this group. Please be aware that if you share something that clearly identifies a child or adult is at risk of significant harm, our safeguarding responsibilities come into play; see our Safeguarding policy for full details.

Safety

Any meeting relating to abuse and trauma, whilst not therapy, will involve discussing issues of vital importance, that may trigger feelings and reactions from previous bad experiences. Please be gentle with each other and yourself. Each of us is responsible for our own safety and participation: only share what you feel comfortable with and please don't ask others for personal details. Please avoid referring to details of abuse that may be triggering, as we want the meeting to feel as safe as possible. It is impossible to avoid all triggers as they are unique to us as individuals; if you find something triggering it is ok to say so and to do whatever you need to keep safe. Take time out if you need to; please let someone 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.

Support

The facilitators can be contacted after the meeting for anyone wanting to debrief.

Survivors Voices offer regular peer support; details of this and other support organisations are on the website <https://www.survivorsvoices.org/support>





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Participation

Your active participation is most welcome. We all bring valuable wisdom and experiences to share and learn from each other. In larger groups, please be mindful of giving space for others to speak. When feeding back from breakout groups, it moves us on if we can focus on adding new insights to the discussion, rather than repeating what others have said. We hope you will feel able to fully participate to get the most from the group. Please let us know if there is anything else we can do to support your participation and make this the best experience possible.

Inclusion and respect

We bring our diversity of experience and perspectives. Please help us to ensure that all voices can be heard, especially those often silenced. Let's disagree respectfully and kindly, and approach difference with curiosity rather than the need to be right. We are committed to being inclusive and anti-discriminatory and anyone who uses offensive or discriminatory language or behaviour will be asked to leave.

Online safety

We follow safety guidelines built on the experience of our and others' online peer groups:

- The zoom link is confidential to this group and must not be shared with anyone else. We will use a waiting room to verify all members.
- Please ensure you are in a private space where the group will not be overheard by anyone else in your household. Consider your own safety by thinking about what is in view of your camera.
- You can change your zoom name to a nickname if you wish; please ensure you log in with your real name at the start so the facilitators can identify you.
- We will not record sessions or save chat without permission in advance from the whole group, and you must not record them or save the chat either. Only the facilitators can share screens.
- Please try to have your camera on, at least for the introductions and when you are speaking, to keep this a relational space.
- Please try to avoid having private side conversation in the chat, so we respect the contributions of anyone sharing in the group, by giving them our full attention.
- Please do take time out or turn off your camera to keep yourself safe, if you need to. Please let one of the facilitators know if you need to leave early.

We value your feedback about these guidelines and the way we run our meetings. You are welcome to make suggestions in the group, speak to the facilitators after the session or email connect@survivorsvoices.org

Your contact details will be stored securely according to GDPR requirements and will only be shared with the facilitators; and to provide contact information to essential services in the event of a risk of harm to yourself or others. We would always try to do this with your consent.

