

ASC Adult Group Community Agreements

(Guidelines to make this group a comfortable place to share and feel supported)

1. Confidentiality

- What is said in the meeting stays in the meeting.
- No photos, screenshots or recordings without everyone's permission.

2. Prioritize honest communication and acceptance

- This is a safe space where everyone accepts each other for who we are.
- Assume positive intent - we may not always express it perfectly, but we mean well toward each other.
- Everyone's presence is valuable, no matter your mood or how much you share.
- Regardless of how you're feeling on a given day, you can share with the group and trust that others get it ("it's okay to not be okay").
- You can share what kind of response you prefer, e.g. "I just need to vent and don't want a response," or "I'd rather not get advice on this issue," or "does anyone have ideas about how I could handle this?"
- If for some reason you feel awkward or uncomfortable or offended by something, feel free to address the person directly and respectfully using "I feel..." or talk to a facilitator.

3. Make space for everyone to contribute

- In small groups, we'll go around the circle to give each person space to share.
- If/when speaking is not preferred, feel free to communicate using the chat box.
- Feel free to use the "raise hand" reaction or raise your hand in front of your camera when you want to contribute.
- Allow time for silence so quieter people have openings to jump in.
- Feel free to invite each other into the conversation by asking questions, since some people may prefer to be prompted to join in.

4. No one is forced to speak

- You can always say "pass" or use the "no" reaction when asked a question.
- How much you choose to share about a given topic is completely up to you.
- You can tell your breakout room facilitator privately if you don't want to talk at a meeting. You can change your mind later and enter the conversation if you want.

5. Avoid monopolizing conversation

- Try to be aware of how long and how often you are talking relative to others.
- We'll have loose time limits (2-5 minutes, depending on the topic). After that, it's okay to let someone know we have to move on when they finish their thought.

- Members can use the “surprised face” reaction to signal someone has reached the time limit, or facilitators can say something like “time to pass the ball.”

6. Respond supportively

- Respect and affirm what someone has shared before moving on to another person (even if you don’t agree with them or you have a different experience).
- Avoid assuming you know more about someone than what they’ve shared.
- Avoid invalidating or dismissing other people’s experiences.

7. Be present

- Try to talk without interrupting each other and give full focus to the person talking.
- Limit private chatting to try to stay present with the group conversation.

8. Limit background noise

- In small groups, feel free to stay unmuted unless you have a noisy background.
- Please mute if you’re not talking in the large group.

9. Language

- Try to avoid cursing.

10. Use video if possible

- Having your video on for at least part of the meeting is encouraged if you feel up to it, so that we know who we’re talking to and can feel a human connection.