

Ground rules / Group agreement to use in first session

We agree that:



We're all here to support each other. We know why we're here together, but we don't necessarily have to speak about this, and some people may not want to. We will be mindful of what we share and what questions we're asking – are they supportive or just curious?



We will take care of ourselves – if we need time out, or want to speak to one of the facilitators, we can, and they can give us space or support. Each of us is the expert of what we need.



If our case is within the criminal justice system, we will take care not to discuss specific details of the incident under investigation (e.g., the factual information included in our Victims Statement given to the Police) – for the safety of our case and other peoples



We will be non-judgemental and make this a welcoming space for all women including women of any age, religion, sexual orientation, women with disabilities, trans women, women of any racial, ethnic or cultural background.



We agree that what's said in the group stays in the group – this is a confidential space. Exceptions to this will include if a facilitator is concerned that you or someone else is at risk of harm*. Facilitators may speak to their supervisor.



We will respect other people's right not to be identified outside the group.



We will support the facilitators to run the group and we'll be careful not to cross-talk over each other.

What else would the group like to agree to?

* Please ask them for more details on this if you need to