

AIMS OF THE GROUP

To provide a safe virtual space for anyone affected by self-harm to access support; feel able to express themselves without fear of judgement; get a better understanding of their self-harm; engage in peer support and reduce isolation.

GROUP AGREEMENT

1. Battle Scars is a safe space for everyone. We're here to support each other and group members are expected to be non-judgemental.
2. Everything said within the group will remain confidential; sharing learning is acceptable, identifying people is not. We recommend the use of headphones in circumstances where the conversation could be overheard (if sharing a house for example, or if someone else is in the room with you.)
3. If you have another person in the room with you for support, please let the rest of the group know during introductions. This enables people to make the decision about what they are happy to share in the group.
4. Battle Scars facilitators may need to break confidentiality and take appropriate action if a group member makes a disclosure of serious danger to their health.
5. Everyone in the group has the right to be listened to. Please show one another respect and listen without interrupting. Members can choose to indicate they wish to speak by raising their hand or messaging one of the facilitators.
6. Aggressive, abusive or discriminatory language or behaviours will not be tolerated and may result in you being asked to leave the group.
7. Please speak from your own experience rather than giving advice.
8. You do not have to speak, and you do not have to have your camera on, unless you feel comfortable doing so.
9. If you need to leave the group early – for whatever reason – please let one of the facilitators know (you can use the chat function) and, if possible, reassure them that you're safe.
10. If you find any part of the discussion triggering, including talk about food, then please say so or message one of the facilitators to indicate this.
11. Please do not describe self-harm methods, injuries or traumatic events. The facilitators will intervene if they perceive a risk to the group.
12. Please be aware of the language you use during the group. We avoid the use of words such as "clean" to describe being self-harm free, as this suggests that self-harm, and those who use it, are "dirty."
13. Please turn off your camera if you wish to smoke, eat or drink alcohol during the group. If anybody attends intoxicated, they will be removed.
14. Facilitators will follow Battle Scars' policies and procedures for safeguarding concerns and will act, if necessary.
15. Battle Scars is not a crisis service, but we will continue to offer support to those in times of crisis.
16. If you book but are unable to attend, please cancel your place by email or text (contact details on invite email.)
17. Every individual - every single one of us - matters.