



GROUP AGREEMENT

- Battle Scars is a safe space for everyone. We're here to support each other and group members are expected to be non-judgemental.
- Everything said within the group will remain confidential; sharing learning is acceptable, identifying people is not. 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.
- Everyone in the group has the right to be listened to. Please show one another courtesy and respect and listen without interruption.
- Aggressive, abusive or discriminatory language or behaviour will not be tolerated and may result in you being asked to leave the venue.
- Please speak from your own experience rather than giving advice.
- It is acceptable not to say anything or not to participate in the activities.
- It is acceptable to take a break from the group at any time. Please notify one of the facilitators if you need to leave the building (for health and safety reasons.)
- Sometimes things said within the group may be quite triggering. If it is too much, please say so. You can also sign "time-out" to one of the facilitators to indicate this.
- 1:1 sessions may be offered as needed at the start, during the break or at the end of a group.
- Please do not describe self-harm methods, injuries or traumatic events.
- Facilitators will follow Battle Scars' policies and procedures for safeguarding concerns and will take action if necessary.
- Please bear in mind these are not our premises. We need to be mindful of any self-harming behaviour; please consider the space, other members and the group facilitators to avoid making a mess or triggering others.
- Please do not eat or bring food into the meeting room; this can be a trigger for people with eating disorders. If you need to have a snack, please use a different space in the venue.
- Battle Scars is not a crisis service, but we will continue to offer support to those in times of crisis.
- Anybody attending in a professional capacity MUST tell the group during introductions.
- Every individual - every single one of us - matters.