GROUP GUIDELINES

Statement of Purpose: To share our thoughts, feelings and concerns with each other in an atmosphere of **mutual trust, caring and understanding**. To support this Statement of Purpose, as a group we agree to the following terms and guidelines:

1. Anything that is said in the group *stays in the group.* We agree to keep things absolutely confidential. This means we don't share information outside the group. We agree to do our part, individually and together, to make this group a safe place to express who we are. We don't talk about group members who are not present.

2. We *respect* what others have to say by agreeing not to use insults or negative statements of any kind, verbal or nonverbal. Body language, facial expressions and signs can all be considered negative feedback. Treat others the way you would like to be treated.

3. We *respect* everyone's need to be heard. We agree not to interrupt someone midstream. If someone feels they have a lot to say, they can make a request for the time needed to be heard by the group.

4. We understand that just because someone is shy or quiet doesn't mean that person has nothing to say. Listening and keen observation are valuable skills. Someone who doesn't want to talk doesn't have to. *We don't force people to share.*

5. We are willing to take risks, explore new ideas, and explain our feelings as well as we can. We agree to be *honest* and do our best to speak from the heart. We are willing to let others know us. Participating through talking and listening are ways for people to get to know each other.

6. *Communication isn't always easy.* We realize that sometimes people feel misunderstood or hurt. If someone in the group feels hurt or misunderstood by someone else in the group, we want that person to express and explore these feelings within the support structure of the group.

7. We agree to attend group meetings regularly. *We are all important to the success of the group.* If for some reason we can't attend a meeting, we will try to let the appropriate staff know ahead of time.

8. We understand that in order to attend the end of year Saturday night bowling and pizza party we must attend at least five *Lunch Group* meetings.

I, _____, have read and understand the
First Name Last Name

Lunch Group's Statement of Purpose and Guidelines.

Student Signature_____ Date_____