

## The 12 Guidelines for Safe Sharing at In Person Meetings

- 1. We do not allow perpetrators at SIA meetings.** We may not talk about adult perpetrating behaviors--including sexual objectification--in practice or fantasy.
- 2. We do not name the person when we Identify** and give feedback only when asked.
- 3. We talk in 'I' Statements.** If you're multiple or referring to you and your inner kids, let the group know that your "We" applies only to yourself.
- 4. We announce when reading or quoting non-SIA literature** or sharing graphic memories.
- 5. We may express intense feelings or emotions** through words, or sob, during the meeting.
- 6. We do not discriminate.** Anger should be directed at the perpetrators specifically, not general groups.
- 7. We do not name call, criticize, gossip, or violate communication boundaries.**
- 8. We do not break anonymity** about anything shared in or out of the meeting.
- 9. No Cross Talk** while others speak, give advice, or attempt to comfort others.
- 10. If someone is triggering,** we step out during their share, set boundaries, take the feelings back to the original abuse, and/or comfort our inner children.
- 11. We have the right to reject physical touch.** Ask for permission before hugging or touching others.
- 12. We do not 13<sup>th</sup> Step** or ask for a romantic date in or out of the meeting.

**If these guidelines are not followed** anyone may ask to reread the [full] guideline. If violations continue a Group Conscience Safety Check may be called. When situations repeatedly create a lack of safety, the group may ask a person to leave.

When enforcing these guidelines be gentle with each other and ourselves.