

## **BASIC GUIDELINES FOR PEER DISCUSSION GROUPS**

- **Share the Air**

Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.

- **One person speaks at a time**

Each person should be allowed to speak free from interruption and side conversations.

- **What is said here stays here**

This is the essential principle of confidentiality, and **MUST** be respected by all.

- **Differences of opinion are OK**

We are ALL entitled to our own point of view.

- **We are all equal**

Accept cultural, linguistic, social and racial differences and promote their acceptance.

- **Use "I" language**

Because we do not participate in discussion groups as credentialed professionals, **NO ONE CAN INSTRUCT**. We however can share from our own personal experiences. As an example, we cannot say - "*you should do X.*" we should say: "*when I was faced with that problem, I...*" Always put things in the context of our own experiences.

- **It's OK not to share**

People do not have to share if they do not wish to. Much can be gained by just listening.

- **It's everyone's responsibility to make the discussion groups a safe place to share.**

Respect confidentiality, treat each other with respect and kindness, and show compassion.

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