

FSR-GSCA Community Group Rules of the Road

These rules are meant to provide all attendees and co-leaders with a structure for community group delivery. Rules must be shared at the beginning of each meeting, and attendees must agree to the rules at time of registration. If an attendee is a drop-in, they must sign into the meeting and acknowledge receipt of the Rules of the Road document. This document can be provided at meetings and can be found here or in the addendum [LINK].

- **Everything discussed in group meetings is confidential.** What is said in the group, stays in the group. This includes not bringing up topics and experiences discussed in the group with individuals outside of the group context.
 - *(Example: Laura and Todd go to the same group. Laura shares information about her struggles with depression during community group. Later, Todd and Laura are in a virtual social or networking event, and Todd, meaning to be thoughtful, asks Laura if her depression is getting better. Todd does not mean to break Laura's confidentiality; he is genuinely interested in how Laura is doing. But Laura finds this upsetting, and now feels everyone in the unrelated virtual event knows something about her she did not want to disclose.)*
 - We do not discuss group members who are not present.
- **Everyone's experience is valid.** This is a **safe and supportive environment** for sharing your experiences dealing with or supporting someone dealing with sarcoidosis.
 - Share feelings but not advice.
 - Accept one another without judgment.
 - This is a non-judgmental and open space, any negative remarks regarding religion, gender, sex, sexual orientation, disability, age or any other aspect of a person's identify is not acceptable and will result in immediate removal from the group.
 - Listen to each other. Do not interrupt the person speaking.
- **Speaking is not required.** If you do not feel like sharing, it is okay not to share. If others in the group choose not to share, we do not request they share.
- **Silence phones and other notifications during session.**
- **(Virtual Only) We keep our cameras on during discussions:** Unless there are extenuating circumstances, we ask all participants to keep their cameras on during group discussions, even if they are not sharing.
- **You may excuse yourself:** If something said is uncomfortable or triggering, it is okay to
 - Virtual: chat directly with one of the facilitators and/or excuse yourself from the session or having your camera on.
 - In-Person: excuse yourself from the room.
- **(Virtual Only) We keep ourselves muted unless speaking.**
 - The facilitators will provide guidance for equitable distribution of speaking time by either the hand raising function, or other methods.
- **We do not interrupt when someone else is speaking.**

- o The facilitators will provide guidance for equitable distribution of speaking time by raising your hand. The facilitator will acknowledge you to speak once the other person/people ahead of you is finished.
- **We are mindful of our time speaking.** We understand everyone needs an opportunity to speak during the group. Facilitators will try to make additional time at the end of the session if folks were not able to share as much as they needed due to time limits.
- **Have a positive attitude.**
- **Be supportive and encouraging to each other.**
- **Be on time.** It can be disruptive for someone to join the session once it has begun. Please respect your fellow attendees and the facilitators by being on time.
- **We use appropriate and respectful language.** We do not use terms or swear words that some members may find offensive.
- **We use this group for its intended purpose.** We do not advertise businesses, organizations, or engage in self-promotion.