



Online Support Group Guidelines

We require you to have your camera on during support group. The camera must face you. It helps add authenticity to the group when we are all able to look at one another. We appreciate your observance of this and all following guidelines

Take a moment to review these guidelines before group. We will all follow these ground rules to nurture a safe recovery environment. We reserve the right to remove you from group if guidelines are not respected.

- **Use pro-recovery language.**
 - Only state, "I engaged/have engaged in behavior(s)," and do NOT eat during group:
 - Some language and topics may be harmful to someone in their journey to recovery. **Do not say the following:** do not state specific numbers (exercise time, weight, weight loss, clothing size, etc.), do not describe eating disorder behaviors in intricate detail, do not state how many times you've engaged in an eating disorder behavior, how much you exercise, how many times you've been hospitalized, how many days you've gone without eating, etc. Saying these things can be triggering.
 - **You can say things like, "I have body image issues," "I have eating disorder thoughts," "I engaged in behaviors," etc.** If you bring up triggering language, you will be reminded to adjust your language. We have received feedback that it can be triggering to see people eating, so we ask that you refrain from eating during the group.
- **Be respectful of one another.**
 - Respect people's opinions, statements, ideas, and shared stories or experiences, even when they may be quite different from your own. We all have a right to have our point of view, thoughts, and feelings,

and we can agree to disagree. If you disagree with someone, please be mindful of how you express yourself.

- In addition, be mindful of staying on topic and remember you are sharing time with others.
- **Offer support, not advice.**
 - Everyone's journey is unique; what works for us may not work for others. Use "I" statements and share your own experience. For example, "this is what helped me..."
- **Zoom etiquette:**
 - Be somewhere where you will not be interrupted and where you can be attentive.
 - If you must turn off your camera, please only do so for a brief moment. It's distracting to see a camera pop on and off continuously. Keep yourself muted, so there's no background noise. Use the chat feature to type short messages or questions. Side conversations can be distracting, and it can be challenging to monitor for inappropriate content.
- **No suicide or self-harm talk**
 - These are serious issues and require urgent attention.
 - If you are having these thoughts or feelings, rather than joining an online support group, you need to contact 911 or a crisis line such as National Suicide Prevention Lifeline 1-800-273-8255 (<https://suicidepreventionlifeline.org/>)
- **Privacy notes**
 - Respect group participants' privacy and confidentiality.
 - Do not share names or personal information you hear others share.
 - None of our support sessions are recorded.