

Full Social Anxiety West Rules

- For the safety of the group and to make the group a valuable resource for its members, all members and facilitators must follow these rules at all times.
- Support workers, friends or family members cannot stay with you during the session unless they have also experienced difficulties with social anxiety.
- Information personal to members or facilitators, that is seen or heard during pair work, small group discussion or the session as a whole must remain strictly confidential within that pair or group. People may tell you things in confidence that they do not wish for other group members or facilitators to know about.
- If for a good reason you need to speak to people external to the group about things that relate to group members or facilitators then do not give away any identifying information about them, such as their name, age, job, address, personal activities or appearance.
- During pair work, please could no pair use a separate room without at least one other pair or a facilitator being present. This is for personal safety reasons and must be adhered to.
- Discriminatory acts or remarks within the group are unacceptable, including those of race, culture, sex, skin colour, religion, age or sexual orientation.
- Mental or physical bullying during group sessions is unacceptable in any form.
- Partaking in the group while under the influence of drugs, including alcohol is unacceptable. This excludes any prescribed medication you may be taking.
- All members and facilitators must respect the personal views of other members or facilitators and accept that opinions will differ.
- All members and facilitators must be sensitive towards each others personal issues. Be aware that things which may sound trivial or ridiculous to you may be a serious issue for another member and could be causing them a lot of distress.
- Everyone must be given space to contribute during session activities, if they wish to.
- Please treat our venue with care and respect and leave things as you found them.

Please note that these rules keep the group a safe and therapeutic place for our members. Serious or repeated breaking of the rules could result in you being excluded from the group. If you break a rule, we will discuss the matter with you first and if necessary, discuss it further within our committee so we can deal with the situation fairly and take the most appropriate action.

Confidentiality Exceptions

- By law and moral obligation we must report to the authorities all accounts of child abuse and neglect that become known to us, past or present. This is an exception to the rule of confidentiality and we ask that you remember this before sharing such experiences with us as we cannot keep them private.
- There are other situations when we are legally obliged to disclose information. For example, when ordered to do so by a court, or by statutory obligation to disclose information to the authorities concerning acts such as terrorism and drug trafficking.
- If you give information which leads us to believe that you or someone else is in danger of serious harm then, after careful consideration, we may take steps to minimise this danger. Any such action would be discussed with you first if possible.

Please be aware of the following...

- Please try and stay focused on matters relating to social anxiety and the group. Remember that session time is limited and that members attend the group to receive help and support with social anxiety.
- You do not have to take part in any of the group activities during the session. Please just say that you will pass if you do not want to take part in anything. Members should not have to explain why they wish to pass.
- There is no obligation or pressure to share personal issues or information. You do not have to share anything if you do not want to.
- Remember that we are all here for the same reason; because we experience social anxiety or have experienced social anxiety in the past to a degree where we felt it necessary to seek help and support.