

# **WSC 12 Guidelines for Safe Sharing at Business Meetings**

These guidelines grow directly out of Traditions One and Two. Their purpose is to provide survivors with a framework for communicating in healthy, functional ways that are considerate of themselves and other survivors. Please follow the Guidelines during meetings, fellowship time and in your communications with fellow Survivors outside of the WSC.

## **Guideline 1: No Perpetrators**

Perpetrators are not allowed at SIAWSC.

## **Guideline 2: Identifying**

We keep the focus on our own recovery and take our own inventory, not other survivors'. We give feedback only when asked.

## **Guideline 3: 'I' Statements**

We talk in 'I' statements. However, if you're multiple or referring to you and your inner kids, feel free to share using the "We" voice, but please let the group know that your "We" applies to you and not everyone else.

## **Guideline 4: Non-SIA Literature and Triggering Language**

We show our caring for fellow Survivors by remembering to announce when we are going to read or quote non-SIA literature, share highly graphic abuse memories or use four-lettered language.

### **Guideline 5: Intense Emotions**

We may safely express intense emotions— anyone may sob freely without interference, express anger, terror, shame or any other feeling through words, without risk of being asked to leave.

### **Guideline 6: No Discrimination**

We do not express anger or criticism towards a group of people based on gender, ethnicity, sexual orientation, religion, affiliation or disability.

### **Guideline 7: Communication Boundaries**

We respect and honor our fellow Survivors by refraining from name calling, criticizing, gossip, talking about conflicts we may be having with other members of the meeting or violating communication boundaries when sharing at meetings. Likewise, we place other Survivors' needs on equal footing with our own in the context of the meeting.

### **Guideline 8: Anonymity**

Keep your outside discussion of the WSC to the topics discussed and not who said what. As with any other SIA meeting, all personal information remains within the room.

### **Guideline 9: No Cross Talk**

To make our time together most effective, do not interrupt while others speak. At business meetings we will talk about others ideas, but when doing so we talk only about the ideas not the person who raised the idea.

## **Guideline 10: Triggers**

Being triggered is an inherent part of being a survivor. Each of us is responsible for our own safety.

## **Guideline 11: Maintaining Safety and Courtesy at meetings**

**A-In Person Meetings:** No Physical Touch without Permission If you wish to give someone a hug or touch them, please ask that person for permission first. We all have the right to reject physical touch at any time.

**B-Virtual Meetings:** Please respect the sharing of others by keeping your device muted when not sharing. Avoid distracting movements/visual behaviors all can see. Do not use provocative screen saver photos, and do not take screenshots of anyone. Please remember to act as if you are actually present with others in a room.

## **Guideline 12: Maintaining Relationship Boundaries**

We maintain safety at the WSC by refraining from engaging and initiating romantic relationships including using contact lists to ask someone for a romantic date