



Pride Recovery Circle Community Agreements

As the facilitator I am required to report any instances of harm or abuse of children. We will only call the police if **OTHERS** are in imminent danger (as per Alberta law). If you would like to share anything with me one-on-one please do not hesitate to connect with me. If you self disclose self harm, or suicidal ideation you can do so safely in this space and we will work with you to create a safety plan.

When we gather in the Pride Recovery Group Space we agree to:

1. Respect everyone's right to **PRIVACY**.
 - What happens and is said in the Recovery Group stays in this space.
 - No taking photos or videos in the recovery group space.
 - Security cameras in this room can only be accessed by the management (and are only reviewed if there is an incident).
2. We practice **RESPECT**
 - **Respect for each other.** Each of our lived experiences and perspectives is different. Assume positive intent.
 - **Respect for what is shared.** We recognize that if something is being shared or discussed, it has intrinsic value. While it might not apply or feel important to us, we acknowledge the value it has to others.
 - **Respect for ourselves.** We honour ourselves by regularly checking in on where we are at, what our needs are and we take actions to ensure they are met, including taking breaks, eating, drinking and self-soothing as needed.
 - **Respect everyone's right to self identify**, respect their identity and pronouns.
3. Ask for explicit **CONSENT**
 - Before touching someone else or getting into someone's personal space (example: hugging, high fives).
 - Respect the first answer when asking for consent, do not pressure anyone for consent.
 - Don't "out" anyone without their explicit consent. Not everyone is safe or ready to be "out," outside of the recovery circle.
 - If we run into other recovery circle members outside of the circle, we take extra care not to share that we know them from the circle and not to assume that the name or pronouns they use in groups are those that they use in other parts of their lives. (put your hands up if this applies to you)
 - Consent can be verbal or non verbal.
 - Consent can be revoked at any time.

4. Right to **PARTICIPATE**

- You have the right to share in the capacity that feels right to you.
- You have the right to not share, or pass to participate.
- It might look like actively listening and reflecting on the conversation around us.
- All emotions are valid in this space. Respond how you need and respect people's response. (this is a space to be angry, sad or upset if you need it)
- Do not pass the tissue, allow people the space to feel and share their emotions.

5. We use **INCLUSIVE LANGUAGE**

- When we share, we ensure we use 'I' statements instead of 'we'. We are all only experts in our own lived experience and can only speak for ourselves.
- We avoid oppressive and harmful language. This includes language that is homophobic, transphobic, racist and ableist among others.
- Do our best to provide content warnings when bringing up sensitive topics. ie. chemsex, SA, IPV.
- Warn people that it might be triggering so they can make the best choice for themselves if they do not want to be in a conversation about that topic, and they can step out if they would like to. Respect other people's boundaries around sensitive topics.

Anything else to add?

Accountability:

If someone is acting or speaking in a way that makes you feel uncomfortable, notify the facilitator so that they can take actions to remedy the situation.

If you are acting or speaking in a way that is not in alignment with the community agreement the facilitator may interject, or have a one-on-one conversation with you separately. They will review community agreements with you and seek to find a resolution that maintains the integrity of the agreement and the space. If a resolution can not be reached you may be asked to not participate in support groups until that resolution can be found.