Freedom Programme ground rules

The Freedom Programme has ground rules to make sure that everyone attending can feel safe.

Respect

- Respect ourselves and each other.
- Respect each other's opinions. Challenge the point not the person.

Listen

- Do not interrupt.
- Allow everyone a turn to talk – this is especially important on Zoom. If 2 people are talking at the same time, neither person can be heard.
- Share as much as you want and at a level you feel comfortable with but keep what you say relevant to session.
- Avoid giving advice.

Punctuality

- Sessions will start on time so try to avoid being late.
- If possible, let us know if you are unable to attend the session.

  Contact: bjones@homestartlambeth.co.uk or call 07900 750 230
  Contact: dmoreno@homestartlambeth.co.uk or call 07534715579

Confidentiality

- Everything discussed in the programme is confidential and will not be shared outside the programme. However, if you share something that suggests you or someone you know is at risk of harm, we may need to act on this.

General safety

- Deal with feelings before leaving the session – speak to Haj or Brenda if helpful.
- Be cautious about greeting other women if you meet outside the programme.

Safety online

- We will not record the video of these groups. You must not make recordings or take photos of these sessions.
- We will ask you to join the session with your video turned on. This is so we can confirm it is you who has joined. Once we know it is you, if for any reason you want to hide your video this is fine.
- Please join the group using your first name only. This means that people cannot find you via social media etc. unless you choose to let them!