

Peer-Support Group Ground Rules

A safe, respectful and confidential group agreement.

Safe-space agreement

No.	Ground rule
1	Respect every person and allow them to speak without interruption.
2	Participation is voluntary; anyone may pass or take a break.
3	Personal stories stay private, except when someone is at serious risk or safeguarding action is required.
4	Do not diagnose, shame, blame or give harmful advice.
5	Do not photograph, record or share group content without explicit consent.
6	Use inclusive language and do not discriminate.
7	A peer group is not a substitute for professional counselling or emergency care.
8	Immediate risk must be referred to the designated safeguarding focal person or emergency service.
9	Members should avoid sharing graphic details that may distress others.
10	Close each session with a wellbeing check and clear support options.

Group name: _____

Facilitator: _____

Date agreed: _____

Participant signatures or consent record attached: Yes / No