

Guidelines for Safe Sharing at the SIANY October 2020 Retreat on Zoom

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 all communications with fellow Survivors.

Guideline 1: No Perpetrators

Perpetrators are not allowed in SIA.

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 care for fellow Survivors by remembering to announce, and state "trigger warning" 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, politics, 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

As in all SIA meetings, anything shared should remain confidential. Please attend alone, in a location without others present. Do not record or take screenshots and disable audio streaming Smart Electronics, like Echo/Alexa, Google home, including on your phone.

Guideline 9: No Cross Talk

To make our time together most effective, do not interrupt while others speak or comment on shares unless asking permission first.

Guideline 10: Self Care & Safety-Plan

Being triggered is an inherent part of being a survivor. The retreat experience may be highly emotional at times. You are encouraged to reach out to your support network (example: 12 step fellows, therapist and other safe friends), if you need support during the retreat.

Guideline 11: Maintaining Courtesy at 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. Please remember to act as if you are actually present with others in a room.

Guideline 12: Maintaining Relationship Boundaries

We maintain safety in SIA by refraining from engaging and initiating romantic relationships including using contact lists to ask someone for a romantic date.