

Group Guidelines

1. Assume all information in the group is confidential. Respect the privacy of group members. Don't disclose personal information about group members to people outside of this group. Some members do not openly identify as autistic, so even others' names should not be shared with people outside this group.
People come to the group for support, and as part of that they may share confidential information about themselves, sharing that information outside of the group is grounds for removal from the group.
2. Respect the values, identities, and perspectives of all group members. This includes but is not limited to race, sexual orientation, gender, disabilities, religion, age, and employment status. You don't have to agree with every opinion, but you do have to demonstrate respect and be inclusive of all group members. If someone says that your behavior is causing them pain, then you are obligated to change what you're doing, rather than defending your behavior.
3. Be mindful of group time. Everyone has the right to participate or to just observe. If you notice that you're (a) talking more than most others or (b) talking about something that is not relevant to the group, it may be time to stop and give other people a chance to talk. If a facilitator asks you to move on, it's time to stop and give other people a chance to talk.
4.
 - a. In person: We strive to be a sensory-friendly space. Please do your part by limiting personal fragrances (this includes natural perfumes, scented deodorant, and body odor). If you are having sensory challenges at group, please let us know. We can't fix everything, but we'll do our best.
 - b. On Zoom: Especially if you're somewhere with a lot of background noise, please mute yourself when you're not speaking. Feel free to turn your video off, leave the meeting whenever you want, and do whatever you need to do to make the meeting work for you.
5. Group facilitators have the right to ask you to leave a meeting following behavior that causes pain to any fellow group member. If that happens, we will ask you to have a conversation outside of that meeting to make sure you understand the concerns and prevent future conflicts from arising. As long as you are willing and able to work towards being respectful and inclusive of all members, you will not be permanently banned from the group.
6. If you ever feel uncomfortable or mistreated in this space, please feel free to bring up your concerns to the facilitator(s). If you have a concern with another group member, please let a facilitator know even if you are comfortable addressing the problem yourself. In a Zoom meeting, this can be done by private messaging the facilitator through chat. We're here to make sure this space is for all of us, including you!

Note: No one is going to be kicked out for a one-time offense. Asking someone to leave permanently would happen only by group consensus on the basis of egregious behavior (eg. physical violence) or repeatedly violating the group rules *after* receiving warnings from the facilitator(s).