

# Making a Scene

## GROUND RULES

### WHY ARE GROUND RULES IMPORTANT AT OUR SESSIONS?

We aim to create a safe and friendly environment for everyone attending our Sessions, which is why as a group we have created some ground rules. We ask that everyone who is involved observe these. We hope that by having ground rules, which we all agree to, it will be easier to say if we feel someone else's behaviour or comments are affecting us or we just simply don't agree- in a way that feels safe.

### THEREFORE WE ASK YOU TO:

- Turn off all mobile phones- these can be very distracting, ruin the atmosphere of the session and when using video they could ruin your filming.
- Respect each other's views- it is fine to disagree with each other and to challenge each other but it is important we challenge views and not individuals; it is not acceptable to have any arguments or fighting.
- In MaS we embrace diversity, we do not discriminate nor do we accept discrimination from anyone within our group.
- Treat each other with respect and avoid behaving in ways which can be offensive to others; this includes not using language which is offensive.
- Avoid making assumptions about each other.
- Don't assume everyone is non-disabled, anyone can have hearing or sight impairment or have mobility difficulties and these can often be invisible.
- Give each other space to talk and listen, and try to hear what others say they need. Remembering these are NOT therapy sessions
- Take responsibility for looking after yourself, take time out if you need to
- Keep confidential any information which individuals share about themselves.
- **ARRIVE ON TIME-** Please show respect for the facilitators who work hard to plan sessions as well as your fellow participants. People arriving late disrupt the sessions; if for some reason you are going to be unavoidably late, please let us know.
- **Participate-** we understand nerves, lack of confidence, fear of making a fool of yourself, we are all coming from the same place. It is unfair on those participating should anyone decide they only want to be an observer, it can make those participating feel self conscious and therefore upsets the balance of the group
- **HAVE FUN!** You are not at school, nobody is being judged, nobody is any better than anyone else.

We hope that you enjoy your Making a Scene sessions.