



# Monthly Meetings Information

## Community Standards

Mums in Science is a safe place for people to share their experiences, connect and build connections.

We want to ensure people feel empowered to share freely, but safety is paramount. For this reason, we developed the following Community Standards to clearly communicate what is and isn't allowed on Mums in Science. This includes interaction and communication on the platform groups, forums, events and meetings as well as personal profiles.

We serve a large number of people that share information from different countries and backgrounds and the standards are based on feedback from our community.

## Monthly Support Groups- Rules & Guidelines

### 1. Confidentiality

All information shared in support groups is considered confidential unless otherwise stated. Information shared in the group will not be shared outside of the group without express permission of those involved. This includes but is not limited to names, experiences and issues raised.

Duty of care and mandatory reporting requirements are exceptions to this rule. Such information may be shared between facilitators, Mums in Science management and relevant authorities if a crime is committed, there is a risk of self-harm or harm to others.

### 2. Mindful sharing

We ask you to please consider the level of detail and language used when sharing information or experiences of an aggressive/offensive/sexual/ disrespectful nature, as it may cause others to feel unsafe or stir emotions from unsettling encounters.

Please also respect personal boundaries expressed by others.

If you feel uncomfortable or need a private word with the facilitator during the meeting, please feel free to send a message to them only.

### 3. Connecting and Technical issues

We request your patience with technical challenges that may arise with online events. On occasion technical challenges may cause delays.

### 4. Punctuality

Do try to arrive on time. Our facilitators are volunteers and in it respect for their time, it is important that meetings end on time. In fairness to the other participants and to minimise disruption, the virtual entry gate will be closed 20 minutes after the meeting commences.



# Monthly Meetings Information

## 5. Respectful Participation

The aim of the meetings is to provide a safe space for sharing and to receive peer support. We ask participants to respect each other by not interrupting each other and to treat each person with respect and dignity. We aim to provide everyone with an equal opportunity to share, this will be managed by the facilitator.

There's no obligation to share and may 'pass' as needed.

## 6. Peer Support & Guidance Not Advice

When offering advice, it might be helpful to share what you found helpful and why rather than directing anyone to something. For example, "I found journaling helpful, it might be something to try", instead of "you should do journaling it helped me".

The information and guidance shared in meetings is classified as peer support and does not constitute professional or medical advice.

As a peer support group, we are unable to prescribe, diagnose, or give advice. If you are in crisis or need medical advice you may request recommendations for professional services based on personal non-professional experience.

-----

We thank you for taking the time to review this information. If you have any questions or need further information please email us, [contact@mumsinscience.net](mailto:contact@mumsinscience.net)