

Ground Rules

Openness

We will be open and honest, but not discuss directly our own or others' personal/private lives. We will discuss general situations as examples but will not use names or descriptions which could identify anyone. We will not put anyone 'on the spot'.

Keep the conversation in the room

We feel safe discussing general issues relating to mental health within this space, and we know that our teacher will not repeat what is said in the classroom unless they are concerned we are at risk, in which case they will follow the School's safeguarding policy.

Non-judgemental approach

It is okay for us to disagree with another person's point of view but we will not judge, make fun of, or put anybody down. We will 'challenge the opinion, not the person'.

Right to pass

Taking part is important. However, we have the right to pass on answering a question or participating in an activity.

Make no assumptions

We will not make assumptions about people's values, attitudes, behaviours, life experiences or feelings.

Listen to others

We will listen to the other person's point of view and expect to be listened to.

Using language

We will use the correct terms for the things we will be discussing rather than the slang terms, as they can be offensive. If we are not sure what the correct term is we will ask our teacher

Asking questions

We know that there are no stupid questions. We do not ask questions to deliberately try to embarrass anyone else. There is a question box for anonymous questions.

Seeking help & advice

If we need further help or advice, we know how and where to seek it confidentially, both in school and in the Community. We will encourage friends to seek help if we think they need it.