

Welcome to Safe Spaces, Sanctuary to Connect & Heal.

The purpose of Safe Spaces groups are to provide a safe, positive and non-judgemental space for the benefit of all participants. In order to ensure this, we ask that all participants read and sign this form as an agreement, in good faith, to these 10 simple rules that underpin our ethos. If you have any have any queries, please don't hesitate to ask Sam.

- 1) **Confidentiality** - Personal and sensitive information can arise within safe spaces discussions. Participants agree to not disclose names, stories, personal or sensitive information shared within spaces events.
- 2) **Acceptance** - Safe spaces is a judgement free zone, participants agree to refrain from judgemental discourse or opinions, and practice kindness.
- 3) **Be Constructive** - Express differences in a kind, constructive and encouraging manner, we're all at different places in our unique journeys. Avoid generalisations, and express your opinions and experience as exactly that, yours.
- 4) **Conflict Free Zone** - Safe Spaces are a conflict free zone, avoid arguments with other participants and if you are experiencing anger, please excuse yourself to cool down before rejoining the group. Participants feeling angered are encouraged to reach out to Sam at the end of the session to discuss or debrief.
- 5) **Use Words not Actions** - Everyone has their own preferences with regards to physical contact. To keep safe spaces feeling safe for everyone, ask permission before engaging in any physical contact such as hugs or supportive touching with people, when you don't know their preference.
- 6) **Trigger Risks** - Safe Spaces can be personal in nature and trigger emotional responses for participants. Please respect vulnerability of participants by not drawing attention to tearful responses of participants, as this may make them feel embarrassed or more vulnerable. Also, it helps maintain the positive energy and direction of the space, which helps strengthen and enable expression from participants feeling triggered or vulnerable. Participants feeling vulnerable or triggered are encouraged to debrief with Sam at the end of the event.
- 7) **Equity** - Safe Spaces are about learning from each other! Participants agree to support all other participants in sharing, by not interrupting other participants. In the same spirit, all other participants support a refrain from tangentialising, commandeering the discussion, or diverting from the topic or activities at hand. To maintain the flow of the group, participants are encouraged to finish their comments with the word "SAFE" as a signal to the group that they have finished speaking, and as a reminder of our shared intention.
- 8) **Sharing is encouraged but not mandatory** - While Safe Spaces is about sharing, some people may need more time to feel comfortable to do so, and this is fine.
- 9) **Be Present** - Being present and engaged in the safe space is essential to ensure all participants can get the most out of the experience. In the spirit of this, participants agree to be present by:
 - Switching mobile devices to silent, or off and not checking them during the 90 minute session. All participants deserve this time to focus on the themselves and the group. If a matter is urgent, participants are asked to please excuse themselves and return to the group when able.
 - Not engaging in private conversations, whispers or comments with other participants, separate to the circle, while other participants are sharing. This breaks the circle, and is especially important for participants who have pre-existing friendships within the group, as it may make new participants feel isolated. All participants deserve to feel heard and respected. This also champions a warm, encouraging, positive and safe-to-share zone.
- 10) **Be Positive** - Safe Spaces are all about finding and sharing solutions and encouragement in the face of challenges! To allow all participants to get the most out of the space, participants agree to leave criticism and negativity at the door! You'll be amazed with the experience and wisdom you can leave with!

Participation Agreement

I agree to uphold all the rules and the ethos of Sam Nugent's Safe Spaces Events in good faith, and for the benefit of all attendees.

Date: _____ Facilitator's Signature: _____

Attendees Names & Signatures: _____, _____,
_____, _____, _____,
_____, _____, _____,
_____, _____, _____,
_____, _____, _____,
_____, _____, _____,
_____, _____, _____,

FYI - Please Read:

Group Sizes

While every effort is made to ensure groups are kept to a maximum of 20 participants, until a formal booking and ticketing service is in place, *no attendee will be turned away*. Attendees may be separated into smaller groups to facilitate activities where necessary.

Topic Rotation

Safe Spaces will run additional events on the same topic during the same week per month, *subject to demand and venue availability*. For example, the Boundaries Bootcamp starts on the second Monday in October, and the next Boundaries Bootcamp event runs the second Monday in November, with new content and activities. *Public Holidays may change dates and times*, please see the @SamNugentAU Facebook page for all updates. *Events are open, and attendance at all of them is not required*.

Suitability & Access

While Safe Spaces welcome people of all ages, cultures, backgrounds, gender and sexual identities, the mature nature of the content and discussions are *not suitable for children under the age of 16*. The Golden Chalice is Wheelchair Accessible.

Duration

Safe Spaces events run for 90 minutes from 6:30pm - 8:00pm and will commence at *6:30pm sharp*. *Participants are requested to arrive on time* to avoid disruption to the activity and circle from participants arriving late.

Payment

Safe Spaces is an *accessibly priced event*, at \$20.00AUD payable by cash or card through Square. To ensure attendees have the quickest possible starting time, *correct cash is preferred*.