

BETTERBLOKES & THEIR FAMILIES

Boundaries for Peer Support Group Meetings

- BetterBlokes empowering men and their families to recover from the effects of verbal, emotional, physical and/or sexual abuse. Taking responsibility for their words, feelings and actions.
- Our facilitators understand the effects of trauma, and are trained in peer support (BetterBlokes Programme and IPS) as well as relevant qualifications in related fields such as teaching, social work, etc.
- Please be mindful that there may be disclosures of traumatic events by peers in this meeting. There is no requirement for you to disclose here. Share what you feel, safe to share with others.
- A support group of this nature needs boundaries for safety and to support members to achieve their goals. All joining the group agree to the following boundaries:
 - No comment to another person's sharing during the first round.
 - Feedback and discussion can be asked for in the second round.
 - Confidentiality must be maintained.
 - Alcohol and drugs are not to be consumed before or during the meeting.
 - Members must not discriminate against each other relating to culture, race, belief system, sexual orientation or spiritual practice - showing acceptance builds trust.
 - Be aware of personal boundaries - ask how others would like you to show support, e.g. "would you like a hug?"
 - This is a self-help group by self-disclosure, with no expectations for you to disclose.
 - For group safety there will be no admittance 10 minutes after start time.
 - If you feel a boundary has been crossed, please say "boundaries" and each member can speak to the issue, one at a time in a group discussion.
 - You may leave the group at any time for your own safety (triggers or time out). A facilitator will check in with you, or phone you after the meeting.
 - Our facilitators can refer you to appropriate Health professionals and necessary social services for more support, e.g. counsellors, ACC Sensitive Claim, Housing NZ, WINZ.

Thank you

December 2019