

# BODY BRAVE GROUP NORMS

## CONFIDENTIALITY

- Please hold all personal information shared within the group in confidence.
- No photos or video/audio recording devices while sessions are running.
- Ensure you are in a private room OR wearing headphones.
- Please do not share or distribute any Body Brave created handouts, slides, or resources.

## VIDEO USE

- We encourage you to turn your camera on during groups to help facilitate a sense of community.
- If you are having an eating moment during a session, you may do so with your camera & audio turned off. You may drink a beverage on camera in a neutral cup but no alcoholic beverages. Substance use, including alcohol and smoking, is not permitted while the group is running.

## NON-DIET APPROACH

- Refrain from sharing explicit details about dieting or types of diets.
- Avoid specific numbers referencing weight, calories, exercise, number of times, etc.

## RESPECT

- Be on time for sessions and listen to others while they are speaking. [Click here](#) to view our Cancellation & No-Show Policy.
- Correct pronouns are to be respected. It is the individual's own choice if they wish to share their pronouns or not. [Click here](#) to learn more about pronouns.
- Keep an open mind as many will be sharing personal reflections. All comments are unique and respected.
- Aggressive language and behaviour will not be tolerated.

## CLIENT LOCATION

- All Body Brave clients must reside in Ontario and have a valid OHIP card/ Ontario health card.
- To access Body Brave services, including attending a group session, you must be physically located in Ontario.

**If you are part of a 10-week treatment group and need individual support during a session, please message a facilitator via the direct Zoom chat; If you need to connect with a facilitator outside of a group session, please message them via InputHealth private chat or email us at [info@bodybrave.ca](mailto:info@bodybrave.ca)**