**‘Biscuits and Brew’ Guidelines:**

**This group is for women and girls over the age of 14 who have experienced sexual violence and are accessing a service provided by Suffolk Rape Crisis.**

This is a safe space for survivors to chat and socialise with other survivors via a virtual coffee morning.

The purpose of the group is to provide:

* A safe and fun space to connect with others
* An informal environment to socialise and chat
* An opportunity to seek solidarity with other survivors
* An opportunity to regain some normality during social isolation

Biscuits and Brew will be hosted by an SRC member of staff.

**Confidentiality-** Please remember that everyone accessing the group is a survivor and that you are entering a virtual coffee morning where other members will be able to see you. By accessing this group, you agree to the terms and conditions:

* Anything shared within the group space stays within the group.
* We respect people’s privacy and do not share any information about any members of the group externally.

For a positive experience for all we ask that the following rules are adhered to while using this group:

* While this is a space for survivors, we ask that you do not discuss any information about specific incidents, police investigations or any court details. We would like this to be a space where people can engage in everyday general topics and informal conversations.
* If you require support around a specific incident, please contact SRC directly where we can discuss the best support for you. You can do this via our website [**www.srchelp.org.uk**](http://www.srchelp.org.uk/)or by calling **01473 231200**
* Do not share anything from this group to any other page, group or platform.
* Please do not take screen shots of any posts or comments, people in the group.
* Please do not share personal information such as mobile numbers/address etc
* Respect other users’ right to privacy by not posting messages that may reveal their identity or contact details.
* Be respectful – Please do not talk about or post any materials or topics which are insulting, offensive, abusive, hateful, harassing, or physically threatening. We ask that everyone who joins the group to make the effort to respect all other views and does not attempt to force any personal views onto others. We expect everyone to accept others’ comments in the way that they are meant, as in support and information sharing.
* Treat other users as you would like to be treated
* Do not provoke other users by speaking about topics which are inflammatory or solely serve to incite other members.
* It is also important to respect each other’s wellbeing so if someone feels unable to respond, please do not take it personally and give them space. You are under no obligation to respond
* If someone is being abusive or breaking the guidelines, they will be asked to leave Biscuits and Brew.
* Be respectful when others are talking and do not talk over them.
* Allow everyone the opportunity to speak, participate and engage in the group
* Be respectful of the time limit of the group. A 5-minute reminder will be given 5 minutes before the session is due to finish