

Support Group MEETING ETIQUETTE

Following proper etiquette during support group meetings helps ensure all participants have the best experience possible. No matter the support group setting or topic, the primary goal is to provide a safe, respectful, and supportive environment where all participants feel welcome and comfortable sharing their experiences.

Support groups do not replace appointments or advice you receive from your healthcare team. **Medical advice should not be sought or provided during support group meetings.**

Group Dynamics:



- Only one person should speak at a time.
- Respect the facilitator's role in managing the meeting.
- If you've spoken frequently, step back to encourage other members to share.
- Discussions about healthcare providers should remain constructive and respectful.
- Respond to others with empathy and support.
- Avoid comparisons or judgments – everyone's journey is different.
- Listen actively and respectfully when others are sharing.
- Use caution when discussing topics that fall outside the general standard of care for prostate cancer (e.g., herbs, supplements, etc.).
- **Share personal experiences with your situation instead of medical advice for others.**

Privacy Considerations:



- Treat all discussions as confidential.
- Not all support groups allow caregivers to join. Confirm with the leader that others can attend.
- Recording, photography, or screenshots are not permitted without group consent.

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VIRTUAL SUPPORT GROUP ETIQUETTE

Before the Meeting:



- Test your audio and video settings before joining.
- Find a quiet, private space to ensure confidentiality and reduce distractions.
- Ask whether attendees are required to have their cameras on during the meeting; some groups may require this, while others do not.
- Ensure proper lighting so others can see you clearly.
- Display your name and state, if you'd like, so others know where you are calling from.
- Do not share the direct meeting link with anyone who isn't a registered participant unless you have the facilitator's permission to do so.

During the Meeting:



- Mute yourself when not speaking to minimize background noise.
- Use the "raise hand" feature and wait to be called on by the facilitator before speaking.
- If your camera is on, avoid eating, wandering, moving the camera, or other distractions.
- If you want to share your email address with others in the meeting, add it to the chat. ZERO will never share email addresses.

IN-PERSON SUPPORT GROUP ETIQUETTE

Before the Meeting:



- Never attend if you have a cough, cold, or other communicable illness.
- Arrive on time or a minute or two early if possible.
- Sign in and provide your email address if a sign-in sheet is available.
- Turn cell phones to silent or vibrate.
- Select a seat that allows you to fully engage with the group while maintaining your comfort level.

During the Meeting:



- Allow the facilitator to open and guide the meeting.
- If exchanging contact information, do so before or after the meeting, rather than during.
- If you need to leave the room for any reason, quietly excuse yourself.
- Respect others' personal space and boundaries.

Following these guidelines helps create a respectful environment where everyone has an equal voice, conversations flow smoothly, and discussions remain meaningful.