

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/AUDIO 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 (or preparing food), you may do so with your camera & audio turned off. You may drink a beverage on camera in a neutral cup. Substance use, including alcohol and smoking, is not permitted while the group is running.
- If you need to move around or relocate please turn your camera off during this time to avoid distraction.
- Please mute your microphone when you are not speaking to limit background noise.

NON-DIET APPROACH

- Refrain from sharing explicit details about dieting, types of diets, and behaviours.
- 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.
- Be mindful of others cultural experiences toward food and food practices.
- Keep an open mind as many will be sharing personal reflections. We invite you to stay curious as we explore the lived-experiences of one another. All comments are unique and respected.
- Aggressive language and behaviour will not be tolerated.
- Please dress for virtual groups as you would if you were in person.

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.

Please email us at info@bodybrave.ca for administrative or navigational support, or if you have any questions. If you are having a medical or mental health crisis or emergency, please contact 911 or go to your nearest hospital.