



## **PFLAG Virtual Support Group Meetings: Participating in a Discussion Virtually**

### **Participant/Attendee Best Practices:**

- Be patient and kind. This kind of virtual meeting space is new for everybody.
- If you're able, log in a few minutes before the meeting starts to get comfortable with the technology.
- Determine in advance how to mute your phone line or microphone.
- Participate in the way that makes you feel most comfortable whether that is on video, by phone, or only in the live-chat.
- Come prepared to discuss any materials or prompts that are provided by the meeting organizers in advance. For example, "What brings you to PFLAG today?"
- Show respect for other participants by following the ground rules/group agreements set by the facilitator.
- Take threats of self-harm and/or violence seriously and report any private messages that express thoughts of self-harm or suicidal ideation to group facilitators.