



PFLAG Virtual Support Group Meetings: Sample Ground Rules

Below are a few suggested ground rules for virtual support group meetings. Adapt them to make the rules fit your needs. After you share the ground rules, ask everyone to either say “yes” or raise their hand if they agree to the guidelines for the meeting. If someone has an additional suggestion, hear what they have to say and let the group decide if they want to adopt the suggestion.

Sample Ground Rules:

- **This is a safe space.**
 - Be honest about your feelings and thoughts
 - Use “I” statements
 - Maintain the confidentiality of other participants
- **Respect the limited time we have today.**
 - Keep questions and comments relevant and concise
- **Listen generously.**
 - Step up and step back
- **Please silence all other electronics and be present.**
- If possible use headphones, limit ambient noise, mute your microphone when you’re not speaking.
- To help protect privacy and confidentiality, do not record, screenshot, or share on social media any portion of this meeting.