



## ADDA Virtual Peer Support & Work Groups

# Ground Rules

*The following ground rules apply to activities, including video and chat, that take place in the support and work group meetings as well as all activities within ADDA Social, and all other activities that may take place as part of the ADDA Virtual Peer Support & Work Groups community.*

## Purpose

- ADDA provides peer support for participants in a safe, non-judgmental environment.
- ADDA empowers self-discovery in an environment of mutual acceptance and understanding.
- ADDA does not serve as a substitute for coaching or therapy.
- ADDA does not provide individual or group counseling. If you are looking for such services, please get in touch with a licensed counselor, therapist, or ADHD coach.
- The information provided is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.
- All content, including text, graphics, images and information, contained on or available through ADDA is for general information purposes only.
- Never disregard professional medical advice or delay seeking medical treatment because of something you have found or accessed through ADDA.

## Safeguards

- Maintaining a safe space to share openly and honestly is essential to the success of the ADDA Virtual Peer Support Groups. It is critical to keep all names and personally identifiable details confidential.
- Participants may save the chat but may not share or post online any personal details added there. Please consider this before sharing your personal information in the chat.
- ADDA does not record peer support group meetings and participants are not permitted to record them.
- ADDA welcomes your suggestions, compliments, and concerns about this group. Please send them to [feedback@add.org](mailto:feedback@add.org).

## Sharing

- Wait your turn to share. The facilitator will call on you and try to give every participant who wants to share the opportunity to do so.
- Always share your own personal experience rather than giving advice.
- Be respectful when others are speaking. Judgment, criticism, and disparaging comments are not permitted.
- Mute yourself when you are not speaking to reduce background noise interference.
- Time is limited. Keep the focus on ADHD.
- ADDA prohibits unauthorized solicitation for goods or services during meetings.
- These ground rules apply to audio, video, and chat communication/participation.
- Take what you find helpful from the discussions and discard the rest.