

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.
- Closed captioning will be enabled for accessibility purposes. The text will not be recorded or exported from Zoom.
- 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. However, if seeing yourself on screen feels uncomfortable, Zoom has a '[Hide Self View](#)' option that you can use to remove your own video from your screen.
- 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 in group.
- 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. The Zoom meeting will be "locked" 20 minutes after the session begins, and no one will be able to join after that. [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.