

# POSITIVE POWERFUL PARENTS

## Running Safe Groups

### Tips for Running a Safe Self Advocacy Group



**These tips are from  
Self Advocates**

## Membership

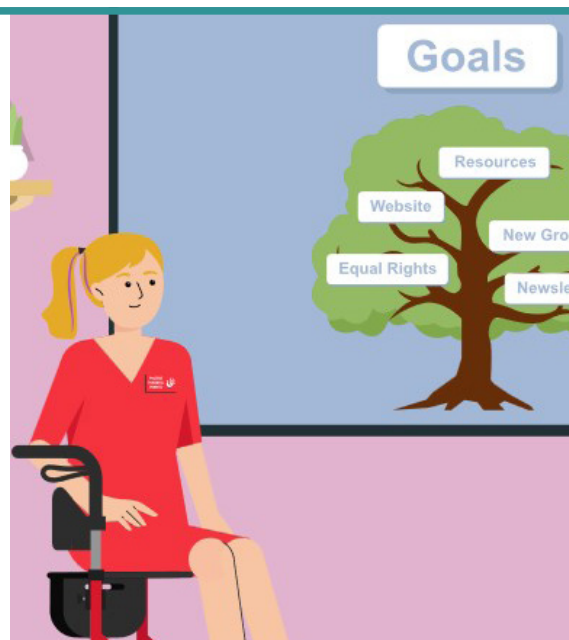
When starting or joining a self advocacy group it is important to know who the group is for.

- Self advocacy groups can decide who can be members of the group.
- Group membership ideas: groups can decide if all members have a similar lived experience or if all members live in the same area or something else.



## Group Goals

- Groups can come up with their own goals.
- Groups can have more than 1 goal.
- Goals can be: BIG or small
- Having group goals helps keep the group on track.



## Group Rules

- Groups can make their own rules.
- Having group rules helps the group be safe.
- It is a good idea to make sure everyone in the group knows the rules.
- You can give members a copy of the group rules.
- You can read the rules out at every meeting.





## HOT TIP

**Use words that are easy to understand.**

When you make group rules or share information with your group you should use words that are easy to understand



## Group Meetings

**Most self advocacy groups have meetings.**

These next tips are about running a safe self advocacy meeting.

### At Meetings

You should use an agenda

- An agenda is a list of things you will talk about at the meeting.
- An agenda helps you keep the meeting on track

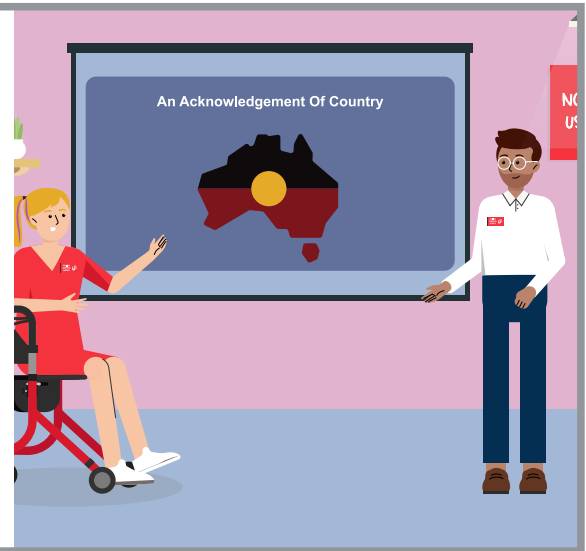


# At the start of a meeting it is good idea to do the next 4 things

## 1. An Acknowledgement of Country

An acknowledgement of country is a way to pay respect traditional owners of country.

An acknowledgment of country can help people who are Aboriginal or Torres Strait Islander feel safe and welcome.



## 2. A Self Advocacy Recognition

People with disability who speak up for their rights and the rights of others are called Self Advocates.

A Self Advocacy recognition is a way of thanking and recognising Self Advocates for the work they do.

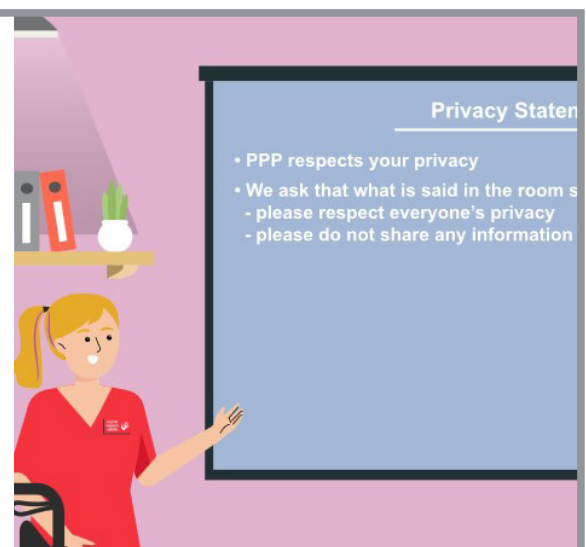


## 3. A Privacy Statement

A privacy statement tells group members that their privacy is respected.

Groups can make their own privacy statements.

You can find examples of these on the last page of this booklet.



## 4. Introductions

This is when we go around the room and introduce ourselves.

You can say your name and something positive about yourself.

Sharing something about yourself can help new members feel more comfortable.



## What to do if someone feels emotional during a meeting?

Sometimes people can get angry or upset during a meeting.

These tips can help.

If someone gets angry or upset during a meeting you can:

- Take a short break
- Ask the person what they need

Sometimes a person needs time on their own, other times they might need a friend to cheer them up.





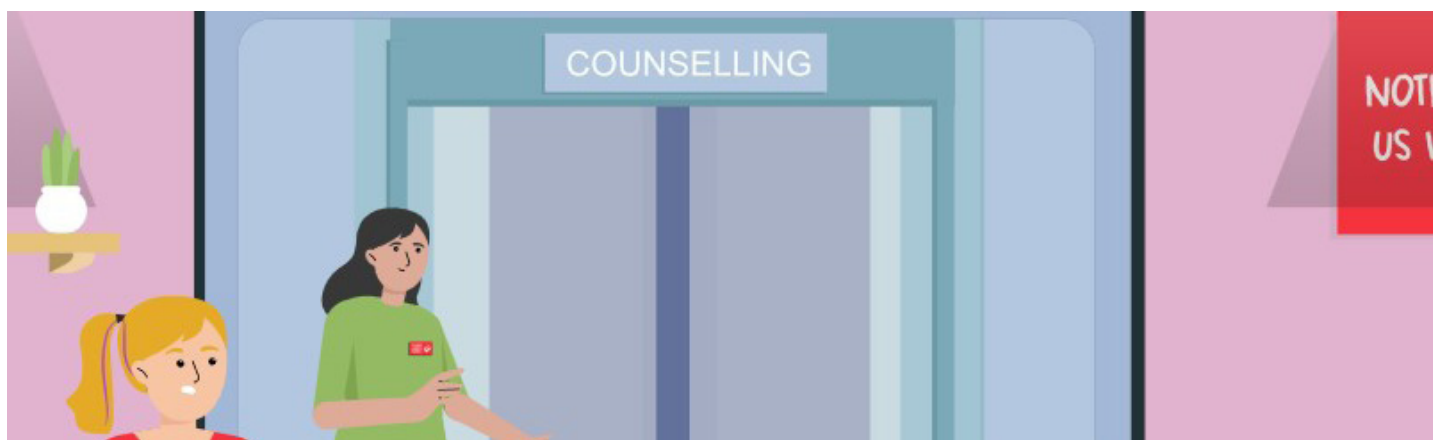
# Support for Group Members

Group members can support each other.

Sometimes group members talk about their problems in a meeting.

If the problem cannot be solved in the group meeting, the group can suggest the person gets support from someone with the right skills like:

- An advocate
- A counsellor



## After a meeting groups can have a Debrief

A debrief is when the group talks about what happened in the meeting.

- The group can talk about what worked well.
- The group can talk about what they will do differently next time.
- Groups can make their own debrief questions.



There are some debrief questions listed on the last page.







# Examples of meeting resources

## Acknowledgement of Country

**(Self Advocacy Group name here)** would like to acknowledge the traditional owners of the land.

**(Self Advocacy Group name here)** would also like to acknowledge their elders past, present and emerging.

## Self Advocacy Recognition

**(Self Advocacy Group name here)** would like to thank all Self Advocates who have worked very hard over many years for equality and human rights for all.

Self Advocates have to be brave to speak up for their rights and we support people with disability to keep speaking up for their rights.

## Privacy Statement

**(Self Advocacy Group name here)** respects your privacy.

- We ask that what is said in the room stays in the room, please respect everyone's privacy
- We will not take your photograph unless you tell us it is ok
- We will not put your photo on Facebook unless you tell us that it is ok
- Someone might write some notes about the meeting
- We will not write down any private information
- Sometimes people get emotional in meetings
- If you feel emotional it is ok, we are here to support each other
- Any questions about privacy?

## Debrief Questions

- What do you think worked well?
- What did you do well?
- What do you think could be done differently next time?
- What do you think the group members got out of coming?





**PPP would like to thank these  
Self Advocates for sharing their tips:  
Susan, Julie, Heather Melsy, Paul, Janet,  
Kathryn, Melissa and Aunty Jane**

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