

**HERE ARE SOME**  
**SAFETY SUGGESTIONS**  
**WHEN ATTENDING**  
**CLAN'S MEETINGS AND SOCIALS**

- 1 Respect others present and recognise the value of hearing all points of view - and agreeing to disagree.
- 2 Be aware of your own emotional health.  
Discussion may focus on sensitive issues, which may trigger painful memories and emotional responses in us.
- 3 Be responsible for your own emotional reactions, in particular anger. It is not appropriate to take out your anger on any others present, (each other, CLAN members, non-members or guests).
- 4 Avoid identifying individual or personal stories.  
Ensure that only appropriate personal stories or experiences are used which add to the issues discussed. Confidentiality needs to be ensured - what is discussed in the room, must stay in the room.