

Outcome's guidelines

Welcome to Outcome, an LGBTIQ+-only therapeutic drop-in space.

These are our guidelines. They have been created with Outcome members and are always a work in process. Please share your recommendations!

Our guiding principles are:

We will...

- treat each other with kindness, empathy, and fairness
- work together to create and maintain a space where everyone is safe, no one is judged, and we all feel equal
- not speak-over one another, but try to actively listen to each other
- always welcome newcomers to Outcome
- have fun, but never at other people's expense
- treat others how we'd like to be treated with care and understanding
- respect one another's backgrounds, cultures, and life experiences
- take care to respect the diversity of other people's identities and make sure the language we use reflects this
- not make personal comments about one another, including comments about our appearances, backgrounds (on video), fashion choices, etc.

Outcome is proudly inclusive and we do not accept any form of discrimination, including racism, transphobia, biphobia, homophobia, sexism, ageism, classism, ableism, islamophobia, and antisemitism.

Sharing the Outcome space:

- Outcome is a confidential space: please value what other people choose to share and take care not to disrespect people's privacy
- Please do not take pictures within the house to respect people's privacy and safety
- Outcome is a sober space: this means no alcohol or recreational drugs

Guidelines for online spaces:

- You do not have to turn on video camera or audio; take part in the way you want!
- Please use your first name as your screenname to help us identify you and keep the space safe
- Please make sure you are in a private, quiet space when joining so the space remains private and safe
- Please do not record or share any part of the online sessions
- Please do not drink alcohol whilst on video

We interpret any form of discrimination, oppressive behaviour, verbal aggression, or physical violence as unacceptable behaviour. Outcome members who display these behaviours will be supported by members of staff. However, if we cannot work together towards a resolution within the group we may have to ask you to leave.

