

A safe online learning environment

Guidelines and learning agreement

All Bristol Wellbeing College live sessions are designed to provide learning that will equip individuals to manage their mental health and wellbeing better. In order to create a safe and supportive online learning environment, we would ask all learners to adhere to the following ground rules.

Safe Disclosure: Please only disclose information with which you feel comfortable. While we encourage peer discussion and participation, please be aware that this is not group or one-to-one therapy. Please do not disclose personal histories that might trigger you or others. This is for your own wellbeing and that of other learners in the live sessions.

Confidentiality: All information disclosed by participants in our sessions is confidential. Please do not discuss anyone else's personal information outside the group. If you choose to have your camera on we would be grateful if you would please dress appropriately. Where possible, please find a private space in your home and where possible use headphones when joining the sessions, in respect of the privacy of other attendees. **Recording live sessions is not permitted. The tutor will have overall control of the meeting.**

Zoom: Bristol Wellbeing College has taken all reasonable measures to make the online learning space safe and to protect your personal data. However, Zoom is an external platform and the College is not responsible for any breaches to Zoom security.

General: Please treat your fellow learners, volunteers and tutors with respect. Creating a safe online learning space means being considerate in how we communicate and act: listening to each other, being non-judgemental, and using language that is inoffensive. We welcome all learners, however, anyone demonstrating abusive, offensive or disruptive behaviour will be asked to leave and will be excluded from the Zoom meeting until further notice.