

SHARE @ Guidelines

Supporting Herpes/HPV Awareness, Recovery, and Education (SHARE)

This is a support group for individuals dealing with issues related to Herpes Simplex Virus (HSV Types 1 & 2) and Human Papillomavirus (HPV). The group facilitators are Charlotte H members and not licensed professionals. These are some basic guidelines for our monthly group meetings:

Confidentiality

While you are allowed to offer your personal contact information to someone else, you are not permitted to ask anyone for their personal contact information to ensure the confidentiality of SHARE attendees. Attendance is anonymous; you do not have to provide your name to attend SHARE meetings. What is shared among the group members is not shared outside of the group. This includes spouses, family, friends, and co-workers. In addition, gossip between group members is also discouraged. If you share any generalities that came from a meeting, you must do so without using names or any kind of personal details that could breach the privacy of other group members.

Safe Place

Many of us find speaking among others, especially strangers, a very difficult task. We encourage people to begin slowly and carefully. It is the intention of every group member and group not to ridicule or embarrass anyone. Nothing that is shared is unimportant or stupid. The sharing of our experiences is best done with "I" statements. "Crosstalk" and "feedback" are discouraged.

Crosstalk can be: interrupting others, giving unsolicited feedback, advice-giving, answering, making you and we statements, interrogating, debating, criticizing, controlling or dominating. It may also include: minimizing another person's feeling or experiences, physical contact or touch, body movements, such as nodding one's head, calling another person present by name, or verbal sounds and noises."

In our meetings we speak about our own experience, and we listen without judgment to what others share. We work toward taking responsibility in our own lives, rather than giving advice to others. Crosstalk guidelines help keep our meeting a safe place¹.

No Pressure

You have no obligation to share with the group if you are not ready. If asked, simply say, "I pass."

¹ Adapted from Co-dependents Anonymous <http://www.coda.org/>