

Maccabi Mens Locker Room Etiquette

All mobile phones off. Or at least on silent.

You will all be added to the group Whats App chat, to keep up with events. You can choose to opt out if you wish to. However, the group chat will have information that you might miss out on.

1. Confidentiality: everything that is said in the group stays in the group unless risk of harm to self and/or others. If that is the case, then Kevin and/or the moderator may refer you to a support network for further help.
2. I, me and my language (where possible, it's much more personal/powerful to say I felt X, my experience is Y or the feeling for me is Z, instead of saying you know when and making assumptions about others)
3. No unsolicited advice giving/fixing/rescuing/saving (instead of telling people what to do, explain our personal experiences and what worked for us. If it resonates with them, great. If it doesn't, also great!)
4. Opt in (freedom to share as little or as much as you like, but we want to invite everyone to contribute)
5. Being present and respectful (paying attention to and being present with whoever is speaking as much as possible - including phones off)
6. Disclosure (firstly ask yourself: am I comfortable sharing this? If so... How much detail am I willing to share? Then ask yourself: is this appropriate and/or beneficial for the group? For example: disclosing of losing someone to suicide may be appropriate, disclosing the method of how they ended their life can be triggering for other people)
7. Self-boundaries (if someone asks you a question, politely decline if you don't wish to discuss it further). You may choose to talk to that person one on one after the group meeting.
8. Emotion is welcome and encouraged (vulnerability and tears are seen as a strength, not a weakness)
9. Don't be afraid to ask someone to leave the room that might be too close to you. Some of us may know each other too closely and you might not feel comfortable talking in front of them. Its cool to ask them to step out for a few minutes. Or you may prefer to take the topic privately after the group meeting.

A buddy system: between meetings you may choose to reach out for help within the group, you are welcome to in the Whats App chat group. However, the people answering will not be qualified counsellors they will be the friends that you have in the group.

They can answer your call for help but only in an empathetic way not in a professional capacity.

Please note that we need to be wary of time and stick to the advertised 90 minutes as some people may have arranged their daily appointments around these sessions.

If you need further help than we can provide call:

Men's Line 1300 78 99 78

Lifeline

13 11 14