

Sharing Guidelines

1. Remember what you hear here, stays here. Respect every GEMS girl's right to privacy. Do not repeat what you hear in a meeting.
2. Never refer to someone by name. Start concerns or questions with, "Someone I know..."
3. Try to speak in "I" statements when sharing. For example, instead of saying, "You made me so upset when we got into that fight," say, "***I felt so upset when we got into that fight.***"
4. Do not share during a meeting something that you suspect might upset another member. If you need to talk about an incident and one of the participants is in your GEMS group, speak privately to your GEMS leader.
5. While others are sharing, listen respectfully just as you would want them to listen to you.
6. If your story involves abuse or harm to yourself or another, please understand that the GEMS leader will have to intervene.

