

Participant Wellbeing Guide

To ensure this is a safe and accessible space for everyone, we have adopted Brighton and Hove Common Ambition's event guidance today, accessible on their website:

Make sure that you are using **language** that everyone can understand. If you need to use clinical words or an acronym please explain what it means.

Please be aware of people's **personal space**.

Please refrain from asking **personal questions** unless they have told you they are happy to share. This is a professional space where people may not want to disclose anything about their background or personal life.

Those with red lanyards do not want their picture taken today. Make sure you respect this.

There may be some **difficult or upsetting content** discussed today. We have tried to make sure that for each session any upsetting content has been flagged on the Arch website. Please **keep yourself safe** and step outside, into the cafe or outside area if you are feeling uncomfortable. If you have any questions or concerns, please do speak to one of our organisers you'll find them with a 'here to help' sticker.

Think before sharing upsetting content and experiences, whether this is within a session or during the break time. Even if it is not upsetting for you, it may be for others. Be mindful and respectful during your conversations today. **Actively listen** and do not speak over others.

This is a lot to think about, but we are keen that this is an inclusive safe space for everyone to learn. We also want you to have a great day. So **be curious, open minded and enjoy yourself**.

If you would like to view the Brighton & Hove Common Ambition Event Participation Guidance too, please access it here:

