

## Adolescent Group Expectations/Rules

1. No cell-phones or other electronic communicating devices will be allowed during group. Each group member will be asked to turn phones off and place them in the basket/box before session. There are no exceptions to this!
2. Group sessions are confidential. Members and leaders are bound ethically and legally to not disclose the contents of the sessions in any way that could identify members of the group. This is for the trust and safety of each group member.
3. Respect others' time to speak. Do not interrupt when someone has "the floor." Effective communication requires both listening and sharing.
4. Do not have private conversations during group, especially while others are speaking. This is very distracting and gives the appearance that you're disinterested in the needs of the other group members.
5. Be on time: this shows respect for the process and others.
6. Respect others' opinions. Accepting differences helps us to grow and learn.
7. No touching, hugging or comforting when someone is sharing. Letting someone feel is a part of healing. The group leader will act as needed, if needed.
8. If homework is assigned, please complete it on time as requested.
9. Expect and respect moments of silence: Quiet is a form or a process of seeking an answer, and does not have to be awkward!
10. Participation is expected. While certain circumstances may result in your need to sit quietly for a bit, if you're addressed by your counselor, please respond.

I \_\_\_\_\_ agree to comply with the above listed expectations during group counseling sessions. I understand that these rules are in place to ensure that each member of the group is able to learn and grow through the counseling process.

Failure to comply with the above listed rules on a repeated basis may result in removal from the group. While all efforts will be made to keep each group member involved, the well-being of the entire group must be considered. Therefore, if continual disrespectful or distracting behaviors occur, there may be no other choice but to remove any and all disruptive members from the group.

Teen Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If client under 18 years of age) Parent Contact Number: \_\_\_\_\_