



Girls' Net Guidelines

We want our online sessions to feel comfortable, safe and enjoyable. Here are some guidelines that I hope will help to make our sessions feel good. Please read them to see if you agree to them and there'll be a chance to ask questions and make suggestions in our first session.

- I will join our meeting from somewhere that is quiet, safe and free from distractions, but preferably not a bedroom, with an adult nearby but not listening in.
- I will use Zoom only when there is an adult in the house, and they know I'm using it.
- I will be dressed as if I was meeting in person.
- I won't record, take photos or screengrabs of any interactions so we all know that our group is still private.
- Even though it's tempting when online, I won't browse other platforms while we're meeting. If I accidentally come across anything offensive or illegal, I will tell my Girls' Net mentor or my parent straight away.
- I will send a phone number to my Girls' Net mentor in case we lose our internet connection so she can call me afterwards to check I'm okay.
- I'll do my best to be true to myself (I don't have to change anything to fit in, I belong exactly as I am), to respect myself and others, listen well, be responsible for my comfort and for asking for what I need, keep our conversations private, be friendly and have fun.
- I understand that these guidelines are designed to help keep me safe and feel comfortable and I agree to keeping them.

By signing below, you acknowledge that both parent and child have read this document and discussed online sessions; and that you both agree to all the guidelines.

By signing below, you give permission for your daughter to attend face-to-face online sessions with her Girls' Net mentor.

Daughter's signature

Parent's signature

Daughter's name:

Parent's name:

Date:

Telephone number: