



# PILSC Participant Guidelines

## 1. Participation

- a. We provide accountable spaces where participants decide what and how they share their story.
- b. Participants are always in control of whether they choose to participate or pass.
- c. We recognize that we are all in different places in our journeys and we meet people where they are at.

## 2. Respect

- a. We respect other's activations and ask that if/when living children are present in the room that participants keep their camera off and stay muted.
- b. We acknowledge that every participant is on their own unique path and is the expert in their own journey.
- c. In grief and loss, every journey is unique. We do not compare our grief with others; there is no hierarchy in grief.
- d. No matter the circumstance under which someone's loss has occurred, every participant deserves to belong in this space.
- e. We deeply value the presence and representation of difference within our Peer Support Services. We acknowledge that many identities (both visible and invisible) add a uniqueness to our perspectives and worldview. These include but are not limited to: gender, race, ethnicity, gender identity and expression, sexual orientation, able-bodiedness, socioeconomic class and accessibility.
- f. We ask that all participants use "I" statements instead of "We" statements to avoid generalizations.
- g. We avoid oppressive and harmful language. This includes language that is homophobic, transphobic, racist and ableist among others.
- h. We ask that participants do not attend our spaces under the influence of any substance.

## 3. Confidentiality

- a. We honor every individual's right to privacy and safety.
- b. What is said in these spaces, stays in these spaces.
- c. Should participants see others from the community outside of this space, we take care to not acknowledge their participation with PILSC.
- d. Absolutely no recording/sharing/screenshots within our space.
- e. All communication with our community members is done through our Discord/Mentornity platforms.

## 4. Growth/Empowerment

- a. Participants take accountability for their own actions, emotions, participation, and sharing of personal experiences.

- b. We trust that participants can manage their own activations and seek additional support when needed. We encourage participants to access our free programming including our 1:1 support with our counselors and coaches. Participants can learn more about these services here: <https://pilsc.org/get-support/professional-one-on-one-help/>  
Should you need immediate support, please don't hesitate to reach out to the Pregnancy & Infant Loss Helpline by texting 1-888-910-1551 or by visiting our website [www.pilsc.org](http://www.pilsc.org).
- c. We encourage participants to have self-compassion for themselves and the complex emotions that come with loss.