

Rules

for the

Online Self-Support Group for English speakers

November 2022

1. Confidentiality and personal data protection

Through the online self-support Group for English speakers, we want to exchange our good and bad experiences, our concerns, our ideas as well as our success about living with ADHD.

Because we share personal matters, we want to be able to establish trust among one another. Therefore, I agree never to mention personal information gathered from this group to a third party. "What is mentioned in the group stays in the group." Even after leaving the group, the confidentiality continues. I am fully aware that recording, taking pictures and screenshots of a group is forbidden. I also agree that I only join the online group if no other person is in the room, except other members of the group who have also signed this declaration of rules.

It is also mandatory to treat each other respectfully.

2. Moderation

The group leaders who are instructed with the moderation by ADHS Deutschland e. V. shall supervise the conversation. Therefore, they are allowed to interrupt members of the group, if they think that other members need to have time as well. In general, everybody should allow others to finish their statement before starting to talk. Only one person should talk at a time.

3. Technical requirements

To join a video conference, a **(notebook-)computer**, a **smartphone** or a **tablet-computer** is required, on which the **video conference software „Zoom“** is operating, which is available at www.zoom.us for Windows and Apple computers, in the Apple App Store for IOS devices and in the Google Play Store for Android devices. Furthermore, a **stable internet connection**, a **web-cam** (usually attached to smartphones, tablets and notebook computers) and a **microphone** (usually attached to smartphones, tablets and notebook computers) are necessary. The members themselves are responsible for reaching these requirements.

4. Membership

It is not necessary to subscribe to a membership for the first online self-support group event in order to see the impact it will create. However, the second time, a membership at ADHS Deutschland e. V. will be required. It is available on the homepage <https://www.adhs-deutschland.de/Home/Ueber-uns/MitgliedschaftFormular.aspx>.

5. Registration for the online self-support Group for English speakers

This form must be filled completely and sent by post-service at least eight days before the first requested event to *Patrik Boerner, Thomasstraße 61, 12053 Berlin*, to be able to join the group.

I have read and understand the text above and I promise to respect this rules.

First name(s), last name(s) and gender _____

Address _____

Email _____

(Mobile) Telephone _____

Date und Signature _____