

## Appeer Community Charter

We want to help make sure everyone is safe and benefits from and enjoys our Groups.





### In the Appeer Community we must:

1. **Be Ourselves**   

You can just be yourself in this Group and make choices to enable yourself. You or your parent/carer can let us know if you would like us to do something different to help you.

2. **Be Kind and Respectful**  

We try to be kind to others and ourselves.

3. **Keep Safe**    

We follow instructions to help keep ourselves and others safe and well.

4. **Care for our environment**   

We look after equipment and the buildings we use. We also try to recycle where we can.

We believe everyone in our Community has a right to:	During Appeer Sessions we all:
<ul style="list-style-type: none"> <li>• Be themselves, as part of an equal and inclusive group.</li> <li>• Be and feel safe, with boundaries, preferences and pronouns being respected.</li> <li>• Participate how they want to - we have choices, including saying no.</li> <li>• Communicate in a way that feels comfortable and be heard.</li> <li>• Have their social and sensory needs met in a group of autistic peers.</li> </ul>	<ul style="list-style-type: none"> <li>• Respect everyone's preferences. This includes their names, pronouns and sexuality.</li> <li>• Respect everyone's boundaries. If they want time to themselves or do not want to talk or join in, we respect this.</li> <li>• Listen to others, including people we may not know or are friends with yet. Everyone at Appeer is equal and valued.</li> <li>• Let Appeer staff know if we are finding anything difficult, so they can support us. If it's easier, we write this down or ask someone else (like a friend, parent or carer) to tell staff.</li> </ul>