



UCA WAVES

Wellness Advocacy Voices Education Support

美国华人联盟心理健康组织

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Peer Support Group 保密倡议书

Peer Support Group Confidentiality Pledge

为了共同营造一个安全、开放、尊重的支持空间，我们承诺：

To build a safe, open, and respectful space of support together, we commit to the following:

1. 尊重隐私：小组内的分享内容仅限于小组内部，不在小组外传播或讨论他人的分享，包括但不限于社交媒体、朋友或家人。

Respect privacy: What is shared in the group stays in the group. We will not repeat or discuss anyone else's sharing outside the group, including but not limited to on social media or with friends or family.

2. 不做未经同意的记录：不录音、录像，不擅自截屏或拍照传播。

No recording without consent: We will not make audio or video recordings, or take and share screenshots or photos without permission.

3. 尊重表达方式：每个人有自己的表达节奏，我们不强迫任何人分享，也不评判他人的经历和选择。

Respect how others express themselves: Everyone shares at their own pace. We will not pressure anyone to share, and we will not judge others' experiences or choices.

4. 以“我”表达，而非“你”评判：我们关注自己的体验，而不是对他人做出评价或建议。

Speak from "I," not judge with "you": We focus on our own experiences rather than evaluating or giving advice to others.

5. 觉察自己的感受：如果有任何不适，欢迎与组织者私下沟通，我们共同维护安全的讨论空间。

Notice your own feelings: If anything feels uncomfortable, you are welcome to speak privately with an organizer, so that together we keep this a safe space for discussion.

- ★ 我自愿承诺遵守以上原则，共同维护这个团体的信任与尊重。

I voluntarily commit to these principles and to helping maintain trust and respect in this group.

签名 Signature

日期 Date

姓名 Name

电子邮箱 Email