



## THE SCHOOL OF CONTEMPLATIVE LIFE

### Participant Code of Conduct

The School of Contemplative Life (SoCL) hosts spaces where people can come together to learn more about and practice Christian meditation.

We require all participants in our activities to be aged 18 or over and to conduct themselves in a safe and appropriate manner, helping to create a positive experience for all, free from discrimination, and supportive of equality, diversity and inclusion.

The Code of Conduct applies to events held in person and online and for the whole duration of an event that a participant is attending. All event participants (including members of the public, staff, volunteers and teachers) must read and adhere to the Code of Conduct.

By attending an event, a participant automatically agrees to our [Event Terms and Conditions](#), [Privacy Notice](#) and this Code of Conduct.

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#### 1. COMMITMENTS

**Respect the dignity of every person.** We request that all participants treat others with gentleness of spirit, and respect, regardless of background, beliefs, or life experience. All forms of harassment, bullying, victimisation are prohibited.

**Communicate with care.** In both spoken and written contributions, we request that participants choose language that is appropriate, thoughtful, and relevant to the gathering. Always avoid comments that may cause distress, disruption, or division. This includes the appropriate use of digital forms of communication including any online chat function.

**Respect boundaries - your own and those of others'.** Participants should always engage in a way that is appropriate to the space. Always maintain appropriate boundaries in digital and in-person settings. There is no expectation to disclose personal information beyond what feels appropriate.

**Stay within the spirit of the event.** Our events are contemplative rather than therapeutic; for personal or clinical concerns, participants are encouraged to seek appropriate professional support. Any conversations or small group discussions are peer spaces and are not therapy, spiritual direction, or counselling. Participants should not offer clinical advice.

**Respect Confidentiality.** We host safe spaces in which participants can meditate together, offer reflections, ask questions, learn about and discuss the practice. Confidentiality will be respected, except in the very rare circumstances when we are concerned about your safety and welfare; in which case we will discuss our concerns with you in the first instance (although there may be exceptional circumstances in which this may not be appropriate e.g. when we have concerns about the safety or security of any child, young person, or adult at risk that you live or have contact with);

**Protect the integrity of the space.** Do not make recordings (audio, video, or images) of any part of an event or of fellow participants. Please also refrain from posting promotional material or unrelated content in group settings. You also agree not to pass on personal information or identifiable stories shared by others without their explicit consent. Any private contact between participants outside organised sessions is undertaken at your own discretion; SoCL cannot be responsible for interactions that occur outside our events.

**Protect the safety of all participants.** If you feel uncomfortable or witness behaviour that concerns you during an event — whether in person or online — please inform an SoCL representative immediately (for example, by speaking to a member of the team in person, sending a private message to the host online, or calling the Safeguarding Lead or Deputy using the details provided in section 4 of this document).

Any safeguarding concern or disclosure will be handled sensitively and in accordance with our Safeguarding Policy. Please note that where there is a risk of harm, we may need to share information with appropriate authorities. Any form of harassment, manipulation or abuse (physical, verbal, psychological, sexual or otherwise) will not be tolerated and may result in immediate removal from the event and, where appropriate, referral to the relevant authority.

**Be mindful of your condition.** If attending in person, please do not come if you are unwell, particularly with symptoms that may affect others. Do not attend or participate in sessions while under the influence of alcohol or drugs in a way that impairs your ability to engage safely and respectfully. Where events are held at venues that permit alcohol, participants are expected to follow venue guidance and act responsibly at all times.

In small group settings, participants are expected to:

- Speak from personal experience rather than debate or persuade.
- Allow space for others to contribute without interruption.
- Avoid offering advice, spiritual direction, or counselling to other participants.
- Respect the facilitator's role in gently guiding discussion and keeping the group aligned with the purpose of the gathering.
- Avoid sharing confidential information (about yourself or others) in a public group setting.

## **2. ADDITIONAL IN-PERSON GUIDELINES**

- Please let us know in good time before the start of the event if there is a chance you will arrive after the time specified so we can make the necessary arrangements.
- Take care of your belongings; SoCL and our partners cannot be held responsible for lost items.
- Follow any venue requests (e.g., keeping areas tidy, observing photo restrictions).
- Smoking and the use of tobacco or e-cigarettes are not permitted inside venues.

## **3. PLEASE ALSO NOTE**

Failure to observe this Code of Conduct may result in being asked to leave an event or being removed from an online session. In such cases, any costs incurred (e.g., travel) will be your responsibility. Serious or repeated breaches may result in exclusion from future events, and in some cases may require referral to the relevant authority.

## **4. SAFEGUARDING CONTACTS**

Please do not hesitate to report any concern you have that may endanger the health, safety, or well-being of yourself or anyone else. Note if someone is in immediate danger, please first call 999 for the police or emergency services.

If your concerns relate to any vulnerable individuals (children, young people or adults at risk), it is essential that you inform a representative of the SoCL at your event who will, in turn, contact our Safeguarding Lead or Deputy. Alternatively, you are free to contact our Safeguarding Lead or Deputy directly on the numbers: Catherine Matlock (Lead) – 07443 475554 and Rachel Sharpe (Deputy) – 07834 626426.

**5. LAST UPDATED** This document was last updated on 9<sup>th</sup> March 2026.