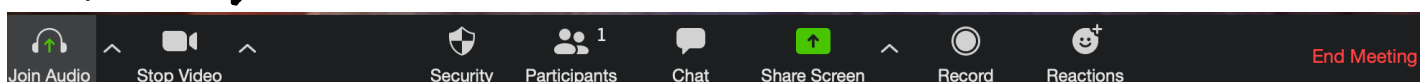


1. YOUR ENVIRONMENT

- I feel safe and comfortable in my chosen environment, with minimum disturbance from outside
- I am familiar with the IT, and ready to go 2-3 minutes before the session starts
- I know how to:
 - mute and unmute myself
 - be visible or not
 - send messages privately to the teacher



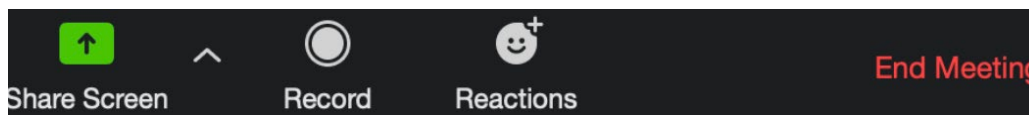
2. ONLINE ETIQUETTE

I am willing to:

- Observe confidentiality regarding anything said by another participant
- Keep my microphone on mute during meditations for maximum peace and quiet for everyone
- Refrain from using chat function unless invited to do so by the host, to minimise disturbance for all
- Use your video function in a breakout room in pairs (in the main group, it's up to you whether to use your video)

3. CONCERNS AND FEEDBACK

- I have informed the teacher of any special requirements prior to the session
- I know where to leave feedback (positive and/or constructive) online: [here](#)
- If I experience discomfort or distress in a session, I know what to do:
 - I can end the session at any time
 - I will let the teacher know (so we know whether you are okay, or not)



- I know where to seek support: [Student Wellbeing pages / Staff Wellbeing Pages](#)

Mindfulness Teacher For meditation/mindfulness concerns	Counselling Service For emotional or mental health concerns	Medical, health For concerns about your physical health
<ul style="list-style-type: none"> ▪ Online Q&A: see Timetables ▪ 1to1 support: email teacher 	Arrange a counselling session (Including changes due to COVID-19)	The NHS and Healthcare Disability Resource Centre