

GUIDELINES FOR SAFER INTERACTIONS

at the Eating Disorder Association of Finland

Our approach is eating disorder sensitive and recovery affirmative

- We encourage people to think about their relationship to their body, food, and exercise.
- We talk about our own experiences but not about our eating disorder symptoms in detail.
- We do not use numbers. We do not talk about weight or weight fluctuations in numbers, nor about how much we have eaten or exercised.
- We are committed to promoting food freedom. We do not comment on foods, ingredients, their energy content or on diets.
- If we are concerned about another person's well-being, we are allowed to bring it up.
- We respect everyone's experiences and privacy: we do not ask for diagnoses, nor do we name the persons caring for us or the medicines we take.

We do not discriminate

- We are aware of the assumptions that we make about others based on their gender, sexual orientation, skin colour, ethnicity, religion, financial status, age etc. However, we do not act on those assumptions.
- We are committed to promoting body neutrality: we do not make value judgements based on or comment on anyone's size, ability, or appearance.

We respect each other's privacy

- We observe confidentiality in our activities: we are allowed to talk about our own realisations, but we do not repeat to anyone what people have shared with us in confidence.

We aim for safe interactions

- We choose to express our thoughts and feelings constructively and with respect for others. Every person is responsible for how they express emotions and for their own actions.
- We make sure that everyone gets an opportunity to express their thoughts. We do not need to always agree on everything. We do not solve each other's problems, nor do we give unsolicited advice.

Our activities are intoxicant-free.

Everyone who agrees to follow the guidelines for safer interactions is welcome!

If you have any questions about these guidelines or if you notice someone breaking them or not committing to them, you can contact the employees of The Eating Disorder Association of Finland.