

SMART Recovery Australia

PARTICIPANT CODE OF CONDUCT · Australia · Life beyond addiction

CREATING SAFE, RESPECTFUL, AND EMPOWERING SPACES FOR RECOVERY

SMART Recovery meetings are peer-led spaces built on mutual respect, evidence-based support, and the shared goal of gaining independence from addictive behaviour. Everyone attending, in person or online, is expected to uphold these standards so all participants feel safe, valued, and empowered to change.

• RESPECT & INCLUSION

- Treat all participants with dignity, regardless of background, identity, culture, or where they are in their recovery
- Listen without interrupting, judging, or offering unsolicited advice
- Honour diverse perspectives. There is no single path to recovery
- Discrimination, harassment, bullying, threats, or intimidation will not be tolerated
- Allow time for everyone to share

• CONFIDENTIALITY

- What is shared in this meeting stays in this meeting. Always.
- Do not identify or discuss other participants outside the group
- Only share what you feel comfortable sharing; you are never obligated to disclose personal details
- Mandatory reporting obligations apply where required by law

• LANGUAGE & COMMUNICATION

- Use person-first, non-stigmatising language (e.g. "person with addiction" not "addict")
- Speak from your own experience using "I" statements
- Keep sharing focused; avoid extended personal narratives or "war stories"
- Keep language courteous: avoid profanity, slurs, or inflammatory remarks.
- Avoid graphic detail about substance use, self-harm, trauma, violence, overdose, or other distressing experiences.

• PARTICIPATION & BOUNDARIES

- You may pass at any time; there is no obligation to speak
- Do not promote or criticise other recovery programs or approaches
- Keep the focus of the meeting on recovery, not on personal grievances; concerns about SMART or other participants should be raised through the formal complaints process
- Do not contact other participants outside the group unless this has been clearly and mutually agreed.

• PUNCTUALITY & ATTENDANCE

- Please arrive on time; late arrival can disrupt the meeting and other participants
- If you are more than 5 minutes late to a meeting you may not be admitted. This is to ensure all participants are present to consent to group agreements.
- If you need to leave early, please let the facilitator know beforehand and exit quietly

• SMART RECOVERY SCOPE

- Prescribed medications are a personal matter between you and your doctor and are not for others to judge
- SMART meetings are not a substitute for emergency, clinical, legal, or crisis services. If you are at immediate risk of harm, or concerned about someone else's immediate safety, please contact emergency services on 000 or seek urgent crisis support.

ATTENDING WHILE AFFECTED BY SUBSTANCES

We welcome you at any stage of recovery, though we ask that you attend meetings sober or not significantly impaired. If you arrive under the influence, a facilitator may kindly ask you to return another time to ensure group safety. This supportive action is taken for the group's well-being, and you are always welcome back.

ONLINE MEETING SAFETY: ADDITIONAL REQUIREMENTS

No recording, screenshots, or transcription • No sharing meeting links externally • Verbal consent required before check-in • Camera must be on where specified in group agreements • Use a private, quiet space that ensures minimum disruption to other participants • Report suspicious activity to facilitator

⚠ BREACH OF THIS CODE

Participants who do not uphold these standards may be asked to leave by the facilitator. Serious breaches, including harassment, threats, or safety risks, will be reported to SMART Recovery Australia and, where required, to relevant authorities.