



## TFF ONLINE MEETING GUIDELINES

Transforming Families online meetings are for families in Minnesota or those who have been part of the Transforming Families community in the past. If you live elsewhere, we encourage you to check out the Facebook group Parents of Transgender Children. If you or your loved one is in crisis, TransLifeline.org is also a valuable mental health resource for trans youth and their families.

If you are attending the TFF online meeting, please follow these guidelines to help make the meetings successful for all:

- Find a quiet place with a strong internet connection
- Use video, not just audio
  - *In order to participate, you must use video*
- If possible, wear headphones or headset during the meeting
  - *Better audio and privacy for support group*
- You will be muted so it is easier for everyone to hear the person speaking, raise your hand virtually by clicking on "PARTICIPANTS" and then click on "RAISE HAND"
- No multitasking
  - *Just as you wouldn't check your phone during face-to-face meetings*
- You can show agreement with someone by using the thumbs up on screen rather than speaking
- During the meeting, you can use CHAT to send a message to everyone or privately to a specific participant
- During introductions, we will ask you to use the chat feature to answer the question "What are you dealing with?" You can send this to the whole group or just to the host. These responses will help guide the discussion during the meeting.