

**Free Online Peer Support Group for Teens
PARTICIPATION FORM**

**Wednesdays 5:00pm-6:00pm
April 22-June 10, 2020**

Name of Teen: _____

Cell phone: _____ Email: _____

Mother's Name: _____

Mother's Cell phone: _____ Email: _____

Father's Name: _____

Father Cell phone: _____ Email: _____

My name is Melissa Boswell, and I am an adjunct professor at Pepperdine University. I would like to help teens find a safe place to talk and share, through an online peer support group on Wednesdays, from 5-6pm. I will provide the structure, with some reading from a workbook called "Mindfulness with Teen Depression."

It may be comforting for them to know that they have a safe place to talk, for one hour a week. They will hopefully learn healthy coping skills from our book, and be able to offer each another support and a listening ear.

This is not an easy time for both teens and parents, with many new conditions we are all living under. It may help to alleviate pressure and stress to have this online group, which will last for two months. Weekly attendance is not required, but continuity is beneficial. This is a free peer support group, each Wednesday from 5:00pm-6:00pm

Please don't hesitate to call me with any questions (949) 394-7775 Melissa.Boswell@pepperdine.edu

By signing this form, you acknowledge that I am not a licensed therapist. It is a release of liability, as I am merely providing a place for teens support each other through these challenging times. This Waiver of Liability releases the group facilitator, Melissa Boswell, from any and all actions, claims, demands, or damages associated with participation in, or resulting from, and known or unknown injury, loss, or damage, sustained as a result of participation in the peer support group.

If I have any reason to believe that your teen may be in any kind of danger to themselves, I will contact you immediately, by phone and email, so that you may take appropriate steps with your medical provider.

Teen Signature: _____ Date: _____

Mother Signature: _____ Date: _____

Father Signature: _____ Date: _____



SUPPORT GROUP GUIDELINES

- Each person's experience is unique. While you may share some commonalities in your experiences, no two of you are exactly alike. Consequently, respect and accept both what you have in common with others and what is unique to each of you.
- Teenagers often struggle to find healthy coping skills. It isn't easy, there are many pressures you face these days. Sometimes there are no "quick-fixes" for what you are feeling.
- There is a difference between actively listening to what another person is saying and expressing your own feelings. Make every effort not to interrupt when someone else is speaking.
- Thoughts, feelings and experiences shared in this group will stay in this group. Respect others' right to confidentiality. We will use only first names. Do not use names or discussions outside the group.
- Allow each person equal time for sharing, so that all may feel they have an opportunity to be heard.
- Frequent attendance is encouraged. We will start on Wednesdays at 5:00pm and finish by 6:00pm.
- It is best to avoid "advice giving," unless it is specifically requested by a group member. If advice is not solicited, don't give it. Sometimes the best help we can give is by listening with your heart, helping a person feel understood, and saying "thank you for sharing honestly."
- If a group member poses a question to the group, it is fine to share ideas that helped you if you experienced a similar situation.
- Recognize that thoughts and feelings are neither right nor wrong. Enter into the thoughts and feelings of other group members without trying to change them.
- Create an atmosphere of willing, invited sharing. If you feel pressured to talk but don't want to, please say so. Your right to quiet contemplation will be respected by the group.

