**Preparatory Exercise 01: What we say and hear**

*Note: This exercise is confidential - you will not be sharing it with anyone*

Part 1: Use the following scale to rate ***how comfortable you are*** ***discussing the following with others*** in this particular workplace...

1: Totally comfortable talking about it or being asked

2: Somewhat comfortable talking about it or being asked

3: Somewhat uncomfortable talking about it or being asked

4: Very uncomfortable - I never talk about this (or wish nobody would ask me)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **your relationships/ dates (non-sexual)**  **or... how you are not in a relationship/ wish you were dating** | **your sex life**  **or...**  **the fact that you're not getting any sex** | **your children**  **or...**  **the fact that you don't have/ can't have children** | **your drug or alcohol use or recovery** | **your opinions about their drug or alcohol use or recovery** | **your sexual orientation** | **your weekend** | **the details of your health status/ illness or injury, including in relation to HIV** | **your political beliefs** | **your religious beliefs** | **your religious practices** | **volunteer work performance - yours or someone else's** | **grief and loss in your life** | **telling "off-colour" jokes (including sexual/ sexualized jokes)/ or playing practical jokes** |
| **WITH WHOM:** |
| **With/to my fellow volunteers** | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* |
| **With/to my volunteer supervisor** | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* |
| **With/to staff** | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* |
| **With/to board members** | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* |
| *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* | *Choose an item.* |

Part 2: Use the following scale to rate how comfortable you are, in this particular workplace, ***hearing about the following from others:***

1: Totally comfortable

2: Somewhat comfortable

3: Somewhat uncomfortable

4: Very uncomfortable - I wish they wouldn't bring it up/ talk about it

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **their relationship / dates (non-sexual)**  **or... how they are not in a relationship/ wish they were dating** | **their sex life**  **or...**  **the fact that they're not getting any sex** | **their children**  **or...**  **the fact that they don't have / can't have children** | **their drug or alcohol use or recovery** | **what they think of your drug or alcohol use or recovery** | **their sexual orientation** | **their weekend** | **the details of their health status/ illness or injury, including in relation to HIV** | **their political beliefs** | **their religious beliefs** | **their religious practices** | **Volunteer work performance - yours or someone else's** | **their grief and loss** | **hearing "off-colour" jokes (including sexual/ sexualized jokes)/ being the target of practical jokes** |
| **FROM WHOM:** |
| **From my fellow volunteers** | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| **From my volunteer supervisor** | *Choose an item.* | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| **From staff** | *Choose an item.* | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| **From board members** | *Choose an item.* | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| **From service users** | *Choose an item.* | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |