



Safety in Al-Anon Meetings

**Protecting Our Members,
Preserving Our Fellowship**

Safety in Al-Anon Meetings

Focus on the Traditions

- **One:** personal progress for the greatest number depends upon unity.
- **Three:** only requirement for membership is that be a problem of alcoholism in a relative or friend.
- **Four:** each group should be autonomous.
- **Twelve:** place principles above personalities.

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Goal:

When members feel safe and are safe at meetings, the unity of our groups is maintained.

Open discussion develops solutions based on our principles.

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Anonymity vs. Immunity: Anonymity creates a safe space for sharing. It does not protect illegal, violent, or harmful behavior.

The Law Applies: Al-Anon membership does not place anyone above local laws.

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Identifying Challenges to Meeting Safety

- Physical & Emotional Disruption
- Dominating the Space
- Digital Harassment



Group Conscience Conflict Resolution Material Set Boundaries



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Actionable Safety Measures (In-Person & Virtual)

Safety Scripts: safety and cross-talk statement.

Tech Co-Hosts: Manage microphones.

Graduated Response Plan:

1. Pause the meeting.
2. Take the individual aside or into a breakout room for a firm boundary conversation.
3. Ask the individual to leave.
4. Call local authorities if safety is actively threatened.

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Handling Digital Bullying

Do Not Retaliate: Avoid emotional reactions.

Document Everything: before messages can be edited or deleted.

Utilize BIFF Communication: Keep necessary replies **B**rief, **I**nformative, **F**riendly (neutral), and **F**irm.

Don't Delete: Save harassing emails.

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Resources

Official Guidelines: Distribute “Let’s Talk about Safety in Al-Anon Meetings!” ([safety-in-al-anon-meetings.pdf](#))

CAL: Conflict Resolution Kit (S-71, S-72, and S-73)

Further Reading: Review shared experiences on the [Al-Anon Family Groups Blog regarding Safety](#).

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Conclusion

A safe meeting requires proactive planning, clear boundaries, and a unified commitment to the Traditions.

“When I set good boundaries, I can be both safe and free to be myself.”

A Little Time for Myself, Pg 280