

## **ETHICAL GUIDELINES OF A PEER SUPPORTER**

The ethical guidelines of a peer supporter constitute the shared value base for all peer supporters trained by the Finnish Refugee Council.

### **1. I commit to full professional confidentiality.**

- Discussions in peer support groups are confidential.
- I do not break the confidentiality even after the group has ended.
- If I am concerned about a group member or their life situation, I contact my organization. In serious cases, e.g. if there are grounds to suspect a case of violence against a minor or some other serious violation I contact the officials.

### **2. I respect diversity, equality and equity.**

- I treat all people equally and with respect.
- I do not discriminate against anyone based on their gender, origin, nationality, language, religious beliefs, opinions, political activity, family situation, medical condition, disability, sexual orientation or any other personal cause.

### **3. I respect everyone's right to make their own life choices.**

- I accept that the decisions I have made are not the only right ones.
- I accept that I cannot make decisions for others.

### **4. I give only factual and up-to-date information.**

- I do not disseminate incorrect or uncertain information.
- If I am uncertain I use reliable sources and check up my information.
- I consult experts when needed.

### **5. I keep my promises.**

- I commit to creating a safe environment by keeping my promises.
- I do not make promises over issues that are beyond my control.

### **6. I promote integration and participation by leading by my own example and encourage others to take initiative over their own lives.**

- I share my experiences about my own integration in a constructive manner.
- Instead of doing things for the participants, I support them to do things by themselves.

**7. I treat everyone equally.**

- I pay equal attention to all participants.

**8. I am willing to evaluate myself as a peer supporter and accept support.**

- I welcome feedback.
- I accept that the peer support group I host is evaluated and monitored.
- I actively ask for support when I need it and am willing to receive support.

**9. I will not let my well-being being put in danger because of my role as a peer supporter.**

- I understand that I cannot support others if I am not feeling well myself.  
I take care of my mental and physical health.
- I take time for myself.
- I ask for supervision and support when needed.

**10. I understand the responsibilities of a peer supporter.**

- I understand that my actions as a peer supporter impact not only individuals, but also communities and the society.
- My actions as a peer supporter have no religious or political affiliation.
- I take responsibility over my own actions and I correct the mistakes I may make.

**Following these ethical guidelines, I commit to promoting integration and inclusion as a peer supporter.**