ENHANCING "SAFETY" IN AVL MEETINGS

Applying trauma-informed principles in the digital setting

LOCATION

Safety is enhanced in an AVL meeting when the picture people see is open, uncluttered and without unnecessary and distracting sounds and lighting. Be aware what people can see behind, and around, you - remove clutter and distractions.
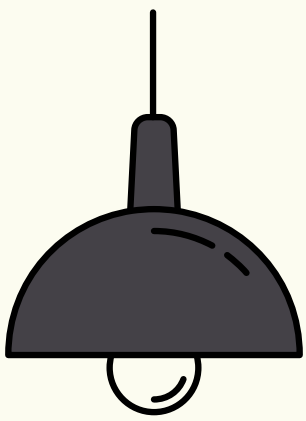
LAYOUT

Forewarn people about the number, and identity, of the people who will be in the meeting - who they will see on screen. Explain how people can change between "speaker" and "gallery" mode to control how people appear on their screen. Position your computer so you are looking directly at the camera at eye level. Check you do not appear unintentionally domineering.

VISUAL INTEREST

Too much visual complexity in the background can increase stress and anxiety, and be distracting. However, a simple painting or small pile of books can provide a welcome alternative focal point - just make sure its neutral and calming.

LIGHT AND COLOUR

The light and colour on the screen should not distract or arouse negative emotions. Check that there are no flickering or overpowering lights and, if possible, be in a room that is neutral and calm. Avoid being in a space full of dominant colours such as reds and black.

PLANTS

Pop a plant or bunch of flowers on your table or in the background. It is well known that greenery brings a sense of peace, calmness and tranquility.

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