



## S-ATEEN: SUGGESTED MEETING FORMAT

### EXPLANATORY NOTES

Meetings should open and close on time, but there is no rigid formula for an S-Ateen meeting. The meeting format is included as a convenient general outline for a new group, and can be particularly helpful if no one in the group has attended any Twelve Step meetings. Because S-Ateen groups are autonomous, not every group will choose to plan its meeting in this way. However, this is the S-Anon/S-Ateen International Family Groups Conference Approved format, which means that it reflects the experience of a variety of S-Ateen individuals and groups.

We suggest that you start with the format and adapt or vary it to suit the needs of your group. All included readings are Conference Approved Literature (CAL). Keep in mind that “adaptation” of the meeting format does not mean substituting readings that have not been Conference Approved (Tradition One) or changing or altering any words in the S-Ateen CAL readings. Literature published by S-Anon, S-Ateen, SA, Al-Anon, Alateen, and AA is considered CAL for use in an S-Ateen meeting.

S-Ateen meetings are conducted separately from those of S-Anon and are guided by adult S-Anon members serving as S-Ateen Group Sponsors. An S-Ateen Group Sponsor is currently certified through the S-Anon service training process as an S-Anon Member Involved in S-Ateen Service (SMISS). An S-Ateen Group Sponsor has made a commitment to be of service to a local S-Ateen meeting on a regular basis or for a specific S-Anon event, such as a Marathon and/or International Convention.

Additionally, S-Ateen Group Sponsors must:

- a. Be an S-Anon member regularly attending S-Anon meetings
- b. Have completed or be working the S-Anon Twelve Steps with an S-Anon sponsor
- c. Have at least two years in S-Anon in addition to any time spent in S-Ateen
- d. Be at least 21 years old
- e. Not have been convicted of a felony
- f. Not have been charged with child abuse or any other inappropriate sexual behavior; or convicted of any offence involving sexual misconduct or physical violence against children or adults

S-Ateen Group Sponsors take their turn during the meeting to share on the topic, Step, or Tradition along with

the teens. The Group Sponsors share from their “teen years” and what they may remember growing up. It’s also suggested that a Group Sponsor not be the parent of an S-Ateen member in the meeting room. Even if the parent insists there are no family secrets, it can result in a teen not feeling free to share in the meeting. Most S-Ateen groups start with two S-Ateen Group Sponsors. Some groups have four or more sponsors, and find a rotating schedule that provides for at least two sponsors in attendance at each meeting works well. This also gives the teens the opportunity to hear other members’ stories.

It’s important to remember that the S-Ateen meeting belongs to the teens. The meetings are for the teens and run by them, whereas the S-Ateen Group Sponsors act as “guides” to ensure the Meeting Guidelines and Traditions are followed. Additionally the S-Ateen Group Sponsors’ role is to ensure the meetings remain a safe place for the teens. It may also be helpful to refer to the Alateen pamphlet “A Guide for Sponsors of Alateen Groups” (P-29).

Please refer to Al-Anon document G-34, “Alateen Safety Guidelines” for important information regarding behavioral and safety guidelines, which are also applicable to S-Ateen meetings.

### ADDITIONAL RESOURCES FOR S-ATEEN

Additional resources include the following pieces of S-Ateen Literature which are free downloads ordered from [www.sanon.org](http://www.sanon.org).

S-ATEEN: INFORMATION ABOUT SPONSORSHIP AND MEETINGS (L-12ST)

S-ATEEN: INDIVIDUAL AND GROUP SPONSORSHIP (L-23ST)

S-ATEEN: MEETING TOPIC SUGGESTIONS (P-2ST)

S-ATEEN: SUGGESTED MEETING FORMAT (L-24ST)

S-ATEEN: RESPONSIBILITY AGREEMENT (L-22ST)

The following Alateen resources are available as well as other helpful Alateen literature at [al-anon.alateen.org](http://al-anon.alateen.org).

ALATEEN SAFETY GUIDELINES (G-34)

A GUIDE FOR SPONSORS OF ALATEEN GROUPS (P-29)

Please contact the WSO for new or updated information that may not have been available at the time of this publication.

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## SUGGESTED FORMAT

[Note: **Bold type** in the meeting format below shows items to be read aloud.]

**In keeping with Tradition One, our common welfare comes first. We ask members to turn off all electronic devices (cell phones, iPads, iPods, and computers) to prevent issues of anonymity as well as unnecessary distraction. No recordings and photos are permitted during the meetings. If you must answer a call during the meeting, please step out of the room to do so.**

1. **Will all those who care to, join me in a moment of silence followed by the Serenity Prayer.**
2. **Hi, I'm \_\_\_\_\_, your leader for this meeting.**
3. **Will someone please read The S-Ateen Welcome?**
4. **The Preamble to the Twelve Steps of S-Ateen describes the purpose of our group.** [*Preamble to the Twelve Steps of S-Ateen may be read by the leader or another member.*]
5. **Here are the Twelve Steps we follow which are suggested for our recovery.** [*The Twelve Steps of S-Ateen are read. A group may choose to pass a copy of the Steps around the room so that each member has a chance to read one or more of the Steps, or one member may read all the Steps.*]
6. **Our group experience suggests that the unity of the S-Ateen Groups depends upon our adherence to the following Traditions.** [*The Twelve Traditions of S-Ateen are read. The group may choose to pass a copy of the Traditions around the room so that each member has a chance to read one or more of the Traditions, or one member may read all the Traditions.*]
7. **NEWCOMER WELCOME. If this is your first meeting, we suggest you try at least six meetings before deciding whether or not S-Ateen is right for you.** [*At this point in the meeting, the group leader asks if newcomers are present and, if so, extends a welcome as decided by the group. For example, mentioning the availability of a confidential email/phone list; how to buy S-Ateen literature; and mentioning there will be time after the meeting to ask questions. When the meeting is opened for sharing and if newcomers don't feel ready to share on the Meeting Topic at this first meeting, it's suggested they state their first name and a few words on how they came to find S-Ateen.*]
8. **INTRODUCTION BY FIRST NAME.** [*Group members may introduce themselves by first name only.*]
9. **OPTIONAL READINGS.** [*At this point the leader may read, or ask a member to read, one or more of the following: S-Ateen Problem; S-Ateen Keys to Recovery; Obstacles to Recovery.*]
  - a. **We are seeking recovery from our own progressive illness.** [*The S-Ateen Problem may be read at this time.*]
  - b. **Our recovery depends upon our willingness to adopt new ways of thinking about ourselves and our problems.** [*Keys to S-Ateen Recovery may be read at this time.*]
  - c. **There are three Obstacles to Recovery in S-Ateen.** [*Obstacles to Recovery may be read at this time.*]
10. **MEETING GUIDELINES. Because our common welfare comes first, here are the guidelines for sharing during our meeting:**
  - **We are brought together here due to the effects upon us of living with the family disease of sexaholism. We are not here to help the sexaholic or other family members. We are here to help ourselves. We leave our other identities outside the discussion, other Twelve Step issues, philosophies, religions, therapies, and occupations.**
  - **We resist the temptation to gossip and discourage it in others. Anything that is hurtful to one member takes away from the strength of the group.**
  - **There are no bosses or self-appointed leaders in S-Ateen; all members are equal.**
  - **We are patient with those who are slow to grasp the principles of the S-Ateen program. Each person must progress in his or her own way and time. We help each other by telling our experiences and how we have handled or solved similar problems.**
  - **We focus on the Twelve Steps and Twelve Traditions during the meeting. Applying the Twelve Steps and Twelve Traditions to our problems helps make our lives more peaceful and fulfilling. Let us not defeat our meeting's purpose by wasting time socializing or complaining. We are**

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here to share about the solution rather than the problem.

- Each individual member has his or her own time to share without being interrupted. We share with the group as a whole rather than addressing comments or questions to individual members. We do not mention specific titles and authors of publications other than S-Anon Conference Approved Literature (SA, S-Anon, S-Ateen, Al-Anon, Alateen, and AA Literature).
  - This is a place where our feelings are honored. One way we do that is to keep our hands to ourselves during the meeting. After the meeting we can ask for a hug or handshake. We can also politely say no to a hug if it doesn't feel right.
  - Anonymity is the spiritual foundation of our program. Your anonymity is protected in S-Ateen, and this ensures our meeting is a safe place to share. What is shared in the meeting will not be repeated to anyone. Additionally, who we see in the meeting is held in confidence. When members are assured that their attendance and sharing at S-Ateen will not be revealed outside the group, trust is built and members feel encouraged to speak freely. Knowing that "you can tell anything" to fellow S-Ateens has rich rewards for all, so we are careful to observe the principle of anonymity.
  - For your safety, however, we want to inform all members that if there is any ongoing, unresolved sexual abuse of a minor that has not been dealt with previously and this is shared in the S-Ateen meeting, it is the legal responsibility of the S-Ateen Group Sponsors to report this to the proper local authorities.
11. LEADER QUALIFIES. *(optional) [The leader may take about five minutes to "qualify" (talk about his/her membership in S-Ateen). The leader tells, from a recovery point of view, what he or she was like before S-Ateen, how his or her life has changed, and how he or she, in general, has come to terms with the family disease of sexaholism. For a newly founded group, this might be done by an S-Ateen Group Sponsor for the first month or two before handing the responsibility to the teen members. The S-Ateen Group Sponsors will remain in the room throughout the meeting to provide support and guidance.]*
12. MEETING OPENED FOR SHARING. *[Leader announces the topic of the meeting (for example, a Step, Tradition, slogan, or other topic from CAL). After one or two readings on the topic have been read by the leader or other group members, the meeting is opened for sharing.]*
13. **Our Seventh Tradition states that every group ought to be fully self-supporting, declining outside contributions. If this is your first meeting, we would like you to be our guest and not contribute.** *[Pass a basket or envelope for collection of Seventh Tradition contributions.]*
14. ANNOUNCEMENTS AND REPORTS. *[Leader asks if there are any S-Ateen-related announcements, which might include a group Secretary or Treasurer's report.]*
15. GRATITUDE MOMENT. *[Five Minutes before the end of the meeting go around the room and ask each member to share what they are grateful for.]*
16. CLOSING REMINDER. *[The leader reads the Closing Reminder.]* **This is an anonymous program. We ask all members to respect our anonymity. The stories you hear are told in confidence and should not be repeated outside. The opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. The stories are told so we might better understand this program and ourselves, and to give encouragement and help to the newcomer, so we may keep what we have been given. Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time.**
17. **Will those who care to, join us in the closing prayer.** *[Leader asks someone to lead the group in saying the Serenity Prayer or other prayer from Conference Approved Literature that is acceptable to the group.]*

## S-ATEEN MEETING TOPICS

S-Ateen meeting topics and suitable readings may be chosen from any Conference Approved Literature (CAL) for S-Ateen.

S-Ateen CAL includes the following:

- S-Ateen, S-Anon, SA, Alateen, Al-Anon and AA Literature
- S-Ateen CAL Meeting Readings including the S-Ateen Welcome, S-Ateen Preamble to the Twelve Steps,

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Twelve Steps of S-Ateen, Twelve Traditions of S-Ateen, S-Ateen Problem, Keys to S-Ateen Recovery, Obstacles to Recovery

- Alateen stories from *Courage To Be Me – Living with Alcoholism*
- Alateen’s two Daily Meditation books, *Alateen – A Day at a Time* and *Living Today in Alateen*
- Alateen’s five pamphlets, “Alateen Talks Back” on “Acceptance,” “Detachment,” “Serenity,” “Slogans,” and “Higher Power”

To encourage S-Ateen members’ sharing, one or two CAL readings on the meeting topic are suggested. Meeting leaders may refer to the Index of the above Alateen publications for meeting topic ideas.

For more information, refer to S-ATEEN: MEETING TOPIC SUGGESTIONS (P-2ST).



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