

SUGGESTED MEETING FORMAT ADAPTATIONS FOR YOUNG PEOPLE

Depending on the age and language usage of the group, items in the Suggested Meeting Format may or may not need to be changed. Adaptations that others have found useful and you or your group might wish to incorporate into the format are listed below by section numbers corresponding to the regular Suggested Meeting Format:

1. *[If a moderator opens the meeting, change the last sentence to:]* “I am a compulsive eater and your meeting co-leader.”

3. “Is there anyone else here who is a compulsive eater—who has a problem with food or weight? Please raise your hands. Whatever your problem with food, you are welcome here.

“Let’s introduce ourselves by first names only.”

INSERT BEFORE

4. to **7.**

“The purpose of this meeting is to help each other recover from compulsive eating. We need a leader who will pass out our reading selections, follow the format, introduce speaker or topic or discussion and decide whether to call on speakers or go around the room. Who would like to lead the meeting?” *[If no one volunteers, break it down—e.g., get someone to pass out A Kid’s View and other paraphrased selections, then get volunteers for other tasks as they are ready to assume more.]*

4. to **11.**

[For older teenagers, the usual Steps, Traditions, and format sections may be read with little or no re-wording. For younger children, A Kid’s View is more appropriate, and items 4 and 7–11 may need to be paraphrased in simpler language appropriate to the age of members without changing the meaning.]

12. *[Replace the last sentence with what is appropriate for financial capability. For example:]*
“Please give what you can to ensure that this meeting can continue, or donate the price of a binge.”

14. *[If a discussion meeting is selected, the moderator or leader gives a short explanation of some OA concepts and introduces the topic before opening for discussion.]*

15.

“We want everyone to have an opportunity to share, but let’s respect each person’s right to share, and don’t interrupt or give advice or speak for longer than your fair share. We discuss our feelings honestly, and share how the program helps us deal with problems.”

[If adults attend the meeting and try to dominate the sharing (which is less likely if there is an adult meeting at the same time), include the reminder that this is a young people’s meeting and to observe time limits.]

16.

Closing and Clean-up. “The opinions expressed at this meeting are the personal opinions of those who shared, not of OA as a whole. Please don’t forget to call or e-mail each other during the week. We don’t have to be alone. Phone calls and writing help us achieve and maintain abstinence. They help you and the person you contact. Keep in close touch with your sponsor and attend as many OA meetings as you can. Please respect our cherished Tradition of anonymity. Thank you for letting me be your leader. Will those who wish to please join me in the OA Promise, ‘I Put My Hand in Yours’” *[or other prayer as suggested in the regular format; text of prayers can be found on OA’s Web site].*