

PANEL DOs AND DON'Ts

1. **Do** dress appropriately. No tight sweaters or blouses, no see-through blouses or provocative clothing, no flip flop sandals, no hats, tank tops, or shorts.
2. **Do** be timely. Meet with your panelists at the facility a minimum of 15 minutes early.
3. **Do** remember: Our primary purpose is to carry the message of AA by sharing our experience, strength, and hope.
4. **Don't** discuss medications, overeating, sex-a-logs, etc. Confine all discussions to problems with alcohol.
5. **Don't** use profanity or obscene jokes! Swearing is not allowed in any facility!
6. **Don't** visit any relatives or friends while on a panel.
7. **Don't** discuss the staff, officials, or regulations of any facility with the residents, inmates, or patients while on a panel.
8. **Don't** smoke or vape anywhere on the facility grounds.