

# PANEL DO'S AND DON'TS

1) **Do dress appropriately.** *For women:* no tight sweaters or blouses, no see-through blouses or provocative clothing, no flip-flop sandals. *For men:* no hats, tank tops, shorts, or sandals. **Remember, you may be the only big book someone sees, so dress for attraction not promotion.**

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 use profanity or obscene jokes!** Swearing is not allowed in any facility! Confine all discussions to problems with alcohol. Avoid discussions of medications, overeating, sex-a-logs, etc.

5) **Don't visit** any relatives or friends while on a panel.

6) **Don't discuss** the staff, officials, or regulations of any facility with the residents, inmates, or patient while on a panel.