

## WELL-BEING CIRCLES CONSENT FORM

### PROJECT OVERVIEW

Happiness Initiative (HI), in partnership with the National Youth Council (NYC), will be launching the 6th wave of the Well-Being Circles (WBC6). This programme endeavours for Participants and Well-Being Leaders to acquire Well-Being Skills and improve Well-Being Outcomes.

### 1. RISKS

I understand that my participation in WBC could involve certain risks and am participating voluntarily at my own risk. I confirm that I am not suffering from any medical condition, disability, or eyesight condition which may make it unsafe for me to participate in the WBC or that could cause any risks to others by my participation in the WBC. I also confirm I will not be under the influence of any drugs or alcohol while participating in the WBC.

### 2. MENTAL HEALTH CONDITIONS

I understand that the WBC is **NOT** a replacement for any existing mental health treatment programmes. If I am currently managing a mental health condition, I have declared it in the registration form and I am taking the necessary measures to ensure I manage it during the programme.

I understand that should my experience in WBC be not beneficial to my mental health condition (if any), I will voluntarily withdraw from the programme. I understand that should my mental health condition (if any), be not conducive to the experience of my group members, I will be asked to withdraw from the programme.

I understand that if I were to develop the signs and symptoms of mental health conditions during my participation in the WBC, I will be asked to seek help from mental health professionals.

### 3. CONFIDENTIALITY

I understand that due to the nature of the WBC, sharing of personal stories will be involved. I understand that I only share stories that I am comfortable with sharing. I also understand that I take personal responsibility to keep the stories shared within the WBC group confidential, unless permission is granted by the person who shared the story.

However, in the event that what is being shared involves imminent harm to self or others, I will take the responsibility to report this matter using the Safeguarding Report Form.

### 4. SAFEGUARDING

While reasonable precaution and care will be taken to ensure safety and well-being of Participants and Well-Being Leaders, I agree to comply with any safety guidelines, requirements, instructions, and rules in connection with the WBC.

As the programme involves various people from diverse backgrounds, we would love to ensure that the welfare of everyone is being considered. However, sometimes we will encounter difficult situations, either to ourselves or witnessing them happening to others. I understand that I will take personal responsibility to report any matters that are deemed unsafe to myself or other members of the group using the Safeguarding Report Form.

## 5. INDEMNITY

I agree that to the fullest extent permitted by law, I shall not make any claim against Happiness Initiative and National Youth Council, both its officers, directors, employees, agents, successors and assigns for any losses, liabilities, damages, costs and expenses, death, personal injury, disease, illness and/or property damage ("Losses") arising from or in connection with my participation in WBC (save where it is in respect of death or personal injury caused solely and directly by Happiness Initiative and National Youth Council negligence).

I undertake to indemnify, defend, and hold harmless Happiness Initiative and National Youth Council, and all its officers, directors, employees, agents, successors and assigns from any Losses and threatened Losses under third party claims, demands, actions, or threat of action arising from or in connection with my participation in the WBC to the extent that they are attributable directly or indirectly to my participation in the WBC.

I undertake to indemnify and will keep indemnified the organiser and each sponsor against all claims, losses, liability or damages (including but not limited to economic loss, damage to any property or injury to or death of any person and any legal costs) arising from or in connection with my attendance and participation in WBC to the extent that they are attributable directly or indirectly to my participation in WBC.

## 6. PERSONAL DATA AND SURVEYS COLLECTION

I consent to Happiness Initiative and National Youth Council, to (i) the collection, access to, use and storage of my Personal Data and (ii) the disclosure of such Personal Data to our authorised service providers and relevant third parties as mentioned above. I consent to participate in the programme surveys that are administered to track the impact of the programme.

## 7. MEDIA

I understand that photograph(s) or image(s) will be captured during the WBC programme. Happiness Initiative and National Youth Council, may use and publish such photographs and or video recordings in websites, social media channels and other communication channels.

- I fully and freely provide my consent to participate in this programme. By giving this consent, I also understand that at any time during the programme, I have the right to withdraw. I can withdraw from the programme by sending an email to [info@happinessinitiative.sg](mailto:info@happinessinitiative.sg).

I declare that I am 18 years of age and above and all information provided is true and accurate to the best of my knowledge.

I understand that if I do decide to withdraw, Happiness Initiative reserves the right to use the data that I have provided. I also understand that the fees paid for the registration of the programme are **non-refundable** should I decide to withdraw at any point in time.