



Finnish Red Cross



The Rules of Friend Activities

No special skills needed

A volunteer is not a professional helper.



Secrecy and confidentiality

Both parties are bound by confidentiality - even on social media and after the friendship has ended. However, they can express their concerns to the friend service and to a confidential professional.



No economical compensation

No salary or financial compensation is paid for volunteering as a friend, and volunteering must not impose unreasonable costs on the volunteer.

Voluntary participation

Both parties participate in the friendship activity voluntarily and can choose to end it if they wish.

The volunteer has the right to choose the times and tasks that suit them and to refuse any tasks that seem unsuitable. Those participating in the friendship activity can choose how much they want to share about themselves with their friend.



Neutrality

Volunteer friends do not take sides or get involved in conflicts between others.

Acting on the terms of the person in need

Volunteering is done for the person who needs a friend and listening to their wishes.

Equality

Friend activities is interaction between people, with respect and equality at its core.

Reliability

Reliability in friend activities comes through sticking to agreed activities and meeting times. You should inform the friend service of changes e.g., quitting or other obstacles.

Joy from the activities

The activity must be enjoyable for both parties.

