

Guidelines for age limitations in ABA

ABA is a non-medical, non-therapeutic fellowship, and as such it is appropriate only for those age 16 and older. We are a self-help, entirely non-professional fellowship, and believe children and teens need unique help and support that we do not offer.

Individuals from 16 to 18 years of age are encouraged to bring a trusted adult with them to their first few meetings. This adult need not be a parent or guardian, but someone they trust, who can help them learn and navigate early recovery.

Groups are encouraged to leave underage members OFF their contact lists. Underage members may contact other members, but adult members need not have access to underage members' contact information.

Groups are encouraged to adopt these guidelines and implement them, announcing them at meetings in order to protect our youngest, most vulnerable members.