

SIDefxHUB Social Media, Forum Rules, and Engagement Etiquette

Version 1 | 13 September 2024

The primary purpose of our engagement groups is to provide a positive and supportive experience for sufferers in all our patient communities and their loved ones. Our online community is an incredibly powerful tool for making new connections, deepening existing relationships, and getting help when and where it is needed.

2. Core Values

Please note that while we do not wish to censor or censure people, we cannot allow our platform to be used to state or express views that undermine the core agreed values of our charity. These core values are:

(a) Mutual courtesy and respect for members of all patient communities affected by iatrogenic disease. Do not be rude to a fellow member of your own or someone else's community, even in the face of a disagreement.

(b) Embracing diversity and avoiding intolerance, hate speech, derogatory comments, or adverse conduct related to anyone's race, national origin, ethnic origin, sex, gender identity, religion, sexual orientation, disability, age, or serious disease.

(c) Avoiding dehumanizing speech, statements of inferiority, or calls for exclusion or segregation.

(d) Avoiding foul or inappropriate language.

We may remove or suspend any member of a group where a breach of our core values, rules, and etiquette occurs.

3. Respect for Moderators and Administrators

Please respect our groups and the people who run them. We cannot tolerate rudeness, abuse, or personal attacks toward any member of our team or other members of the community. Our moderators/administrators are all unpaid volunteers who work very hard to keep the space welcoming, friendly, and safe. Do not ignore or overreact to constructive advice given by them. Accept that everyone occasionally makes mistakes and respond in a dignified manner to a polite request to amend behavior. Remember, everyone is learning and growing.

4. Audience Awareness

Please be aware of your audience. The involvement of family members and loved ones is a reassuring presence, showing that we are not alone in this struggle. We do not want to alienate them with aggressive posts. If the post is not something you would say to your mother, boss, or a child, do not post it.

5. Constructive and Positive Interactions

Please focus on constructive and positive interactions. Given our collective

situations, it is understandable and easy to stumble into negativity or become entangled in toxic debates. Being constructive does not mean avoiding all disagreements; rather, it means approaching discussions with a respectful, thoughtful response and avoiding potential conflicts that leave others wishing they had not participated.

6. Use of Disclaimers

Please do not neglect disclaimers. Sharing views or comments on controversial topics should, where applicable, contain a disclaimer stating that these opinions are not your own.

7. Cyberbullying Prohibited

Cyberbullying is prohibited. Please do not make posts containing personal insults, attacks, or attempts at provocation. Posting derogatory comments, body shaming, or engaging in any form of online harassment against another individual goes against our core values and basic life etiquette. Everyone must be treated with respect.

8. No Obscene Material

Material that is sexually explicit or otherwise obscene is not permitted. No lewd comments or photos, please.

9. Be Mindful of Tone

Please do not write anything online that you would not say in person. Anything that sounds angry or sarcastic, even as a joke, cannot be softened by your tone of voice or facial expression. Other members of the community might not realize you are joking. If in doubt, it is better left unsaid.

10. Respect Digital Boundaries

Just as in life, there are boundaries online. Respect others' privacy, avoid tagging people without their consent, and do not share sensitive content that others might find distressing.

11. Respect Cultural Norms

Members of this community come from different countries, each with its own culture, language, and etiquette. What is acceptable in one country may not be well received in another. Where that occurs, please respectfully educate those who may not appreciate the impact of their comments, and be mindful of the need to give others a reasonable opportunity to amend their behavior. Accept any apologies with good grace and in the spirit in which they were intended. If in doubt, check with people who do not share your geographical area. Do not make assumptions based on other posts or online content related to various parts of the world.

12. Respect Faiths

Please respect each other's faiths. Avoid making disparaging remarks about another's beliefs. Avoid religious preaching or proselytizing your own beliefs.

13. No Promotion or Solicitation

The purpose of our platforms is to share your thoughts as a way of helping others and to provide mutual support. Please do not use any of our groups to solicit content, products, services, or other advertising. Do not post promotional content or links without prior approval, which will not be unreasonably refused, by emailing contact@sidefxghub.com. Please do not include any spam, unsolicited advertisements for goods or services, or irrelevant posts. Do not self-promote. If in doubt, please contact us before posting.

14. Prohibited Content

The discussion of any illegal activities is prohibited, including providing or asking for information on how to illegally obtain copyrighted materials, posts containing harmful material, including explicit descriptions of self-harm methods, and mentions of specific suicide methods.

APPROVAL AND REVIEW

Version	Approved by	Approval date	Review period
1	Board of Directors, ratified by Board of Trustees	13 September 2024	Annually