

## **I Belong Course**

### **PRIVACY POLICY and Medical Disclaimer**

The I Belong program, offered by Listen for Loneliness, LLC and developed by Laurie A. Theeke, is committed to protecting the privacy, dignity, and emotional safety of every participant. This Privacy Policy explains how we collect, use, protect, and store information when you participate in the program.

#### **1. Information We Collect**

##### **A. Personal Information You Provide:**

- Name
- Email address
- Payment information (processed securely; not stored by us)
- Optional information you share in reflections, surveys, or messages

##### **B. Course Engagement Data:**

- Login history
- Viewing or download activity
- Participation in optional discussion or live sessions

##### **C. Automatically Collected Data:**

- IP address, browser type, device type
- Cookies and usage analytics

#### **2. How We Use Your Information**

We use your information to deliver the course, communicate with you, process payments, improve the program, and maintain platform security. We do not sell or share emotional reflections or personal disclosures.

#### **3. Your Emotional and Personal Reflections**

We will never:

- Share or publish your reflections
- Sell or trade personal information
- Use your stories for marketing without explicit written consent

Any data used for research or improvements will be de-identified unless you grant permission.

#### **4. Confidentiality in Live Sessions and Discussion Spaces**

Participants are expected to maintain confidentiality. Live sessions are not recorded unless clearly announced.

#### **5. How We Protect Your Information**

We use secure platforms, encrypted payment processors, password-protected access, and

administrative safeguards. No system is completely secure, and participants acknowledge this risk.

## 6. Sharing Your Information

We only share data with trusted service providers essential to course delivery (payment processors, email services, course hosting platforms). We do not share information with advertisers or unrelated parties.

## 7. Data Retention

We retain personal information only as long as necessary for course access and legal or administrative requirements. Participants may request deletion where legally permissible.

## 8. Your Rights

Participants may request access, correction, or deletion of their data; opt out of non-essential communication; or withdraw consent where applicable. Contact us at [listenforloneliness@gmail.com](mailto:listenforloneliness@gmail.com).

## 9. Mental Health and Safety Disclaimer

The I belong course does not take the place of regular medical care or psychiatric care. The course is educational and includes materials to learn about yourself and plan strategies for yourself, with the goal of belonging. This course is to be used as a self-education course to increase your knowledge about loneliness, yourself, belonging, and planning to be less lonely. ***This course is NOT therapy or medical care and is not monitored for crisis behaviors.*** If you disclose imminent risk in any community group or in any communication, we may recommend seeking immediate help, but we cannot provide emergency intervention.

## 10. Changes to This Policy

We may update this Privacy Policy; changes will be reflected in the date noted above. Continued use of the course signifies acceptance of changes.

## 11. Contact Information

For privacy questions or data requests:

Listen for Loneliness, LLC

Email: [listenforloneliness@gmail.com](mailto:listenforloneliness@gmail.com)