



# Community Guidelines

By joining and participating on this platform, you agree that The Personal Development School and related parties are not liable for any consequences. You assume responsibility for any information you share during chat sessions and acknowledge the risks of online communication. This platform is not a substitute for professional psychological services, and in emergencies, contact local help lines or healthcare providers. The company is not responsible for private messages outside moderated spaces; users must manage their communications.

## RESPECTFUL COMMUNICATION

All users are expected to engage in respectful and courteous communication. Avoid using offensive language, insults, or derogatory terms. Additionally, when students are vulnerably sharing, it is important to respond with empathy and support. Joking or making light of their experiences in these moments can be harmful and is not acceptable.

## NO DISCRIMINATION OR HATE SPEECH

Discrimination based on race, ethnicity, nationality, gender, age, sexual orientation, religion, or any other characteristic is strictly prohibited. Hate speech or harassment targeting individuals or groups will not be tolerated.

## SENSITIVE CONTENT WARNINGS

Users are encouraged to use content warnings for potentially triggering or sensitive topics. This includes discussions related to abuse, sexual violence, or any other content that might cause distress to individuals who have experienced trauma.

## NO GRAPHIC CONTENT

Users should refrain from posting or sharing graphic or triggering content. This includes explicit descriptions of abuse, violence, or sexual content that could be harmful to others.

## RESPECT BOUNDARIES

Do not pressure others to share personal information or details about their experiences. Allow individuals to share at their own pace and comfort level.

## MODERATION AND REPORTING

The platform has a dedicated team of moderators to ensure guidelines are followed. Users are encouraged to report any violations or concerns, and action will be taken against those who violate the guidelines.

## SUPPORT RESOURCES

If you are dealing with abuse-related issues or are in crisis, please see our list of mental health resources and helplines that offer dedicated support.

## CONSENT AND PRIVACY

Respect each other's boundaries regarding privacy and consent. Do not share private or identifying information without explicit permission.

## INCLUSIVE LANGUAGE

We encourage the use of inclusive language that acknowledges and respects different experiences and identities.

## PRACTICE EMPATHY

We foster a community where users are encouraged to show empathy and understanding towards others' experiences and emotions.

## TAKE ACCOUNTABILITY

We ask that all users be accountable for their actions and words. If someone makes a mistake, we encourage you to acknowledge and learn from it.

## WHEN POSTING IN PUBLIC SPACES

**Clearly state your needs and intentions** when seeking advice or sharing in a safe space.

**Be a responsible reader**, responding to questions and avoiding unsolicited advice.

**Stay on topic**, respecting the platform's purpose and subject matter.

**Be kind and understanding** in your feedback, promoting a supportive environment.

**Avoid defensiveness**, giving others the benefit of the doubt to maintain constructive conversations.

**Seek to understand others' perspectives** for deeper awareness and healing.

**Practice mindful communication**, respecting the diverse backgrounds of the community.

**Focus on personal growth and empowerment**, recognizing the common goal.