



PARTICIPATING IN DISCUSSIONS

We have created a set of guidelines as to how we would like people to participate in discussions on Well Pool...it basically boils down to being mindful of how your words may impact on others. If what you are saying is likely to cause harm to someone else, then please do not post it.

Here are a few things to consider:

- Remain respectful of other members at all times. This site is shared by a lot of people and some people may be more vulnerable than others. Please respect everyone.
- Listen to other people's views, everyone's opinion is valid. Just because people have different views and opinions from our own it doesn't mean that they are not as valid. Try to see things in different ways, or to see alternative views
- Be open-minded. Sometimes we are fixed in our views and ways we look at things. Try to look at things in a different light which helps us become more open minded.
- Don't be afraid to share your views and opinions, they may not be the same as other peoples, you may wish to say something not said before, this is okay. As long as they are not willfully offensive, and they are being made in order to discuss and create a dialogue, we are sure they will be well-received.

- Be aware of your language, swearing can be offensive to some, but acceptable to others. Keep in mind your audience when participating in discussions. Any swearing must be used in context (e.g. in a piece of art work, in a quote etc.), and not personally directed at/to any individual on the site.
- Discriminatory comments or bullying will not be tolerated on the site.
- The forum is not for links to advertising or “spam”, please don’t post it. Links to external sites/blogs etc. that are relevant are more than welcome, so post these!
- To put it simply, be nice and mindful of your own comments and of other people’s thoughts and feelings.

If users ignore these guidelines, a moderator will contact you and if necessary, issue a ban. A ban of your user account may either be temporary or permanent. If you want to report abuse on the site please email wellpoolblog@gmail.com and let us know your concerns.

Notes on moderation:

- All content posted via the Well Pool site is moderated by the team (e.g. health and well-being stories, events listings etc.)
- Your first comment will need approval from a moderator before it appears. Once it has been approved, you can then comment ‘live’ on the site.

- The site is moderated and monitored by a team of volunteers as listed on the 'Meet the Team' page.