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Example rules for online groups

An online support group is a great way for self-help groups to either operate as a stand alone group or as an addition to face to face meetings. You may want to have a closed group that only allow certain members or an open group for others to easily access. Either way when people have the chance to communicate openly online this can sometimes cause problems. That is why it is important to have strong and simple ground rules. Please see an example of how these could look.

1. Be kind and courteous, we are all in this together to create a welcoming environment please treat others with respect
2. Please use appropriate and respectful language. Do not use terms or swear words that some members may find offensive.
3. Please use this group for the intention it is meant, please do not advertise businesses on this group.
4. Sometimes people may say things you do not agree with, please debate respectfully and do not use words that are harmful, threatening or not in-line with our mutual respect policy
5. Please do not post graphic or disturbing photos, videos and other media in this group. If you are not sure about the content that you want to post, email the group admin [insert email].
6. This is a non-judgemental and open space, any negative remarks around race, religion, gender, sex, sexual orientation, disability, age or any other aspect of a person's identity will not be acceptable

7. Respect the privacy of others, this is a confidential group so do not post anything personal about another member without their permission
8. It is considered impolite to repost or draw attention to the fact that a group admin or another member has deleted your comment.
9. The Facebook group admin is entitled to deny entry to any member they choose. They are also allowed to delete members that don't comply with the rules.
10. Please use this space to promote positivity, support one another and respect all members. If you need emergency help please contact 999 and do not post on the group. If a group member threatens to harm themselves or someone else then the group admin will inform the appropriate services