

We will not tolerate:

Discriminatory, inappropriate language or hate speech (including but not limited to sexism, racism, homophobia, biphobia, transphobia, ableism or classism)

- Personal attacks, threats or defamatory comments
- Hate, aggression or abuse
- Libellous or misleading content and misinformation
- Religious intolerance of any kind
- Offensive or distressing content or graphic images
- Trolling
- Spam or sales posts
- We also ask that you stay on topic where possible. If you post something onto our accounts that is unrelated to our work or the specific post you are commenting on we may hide or delete it.
- While we do our best to keep our platforms a safe space, people are responsible for their own conduct and we cannot be held responsible for comments made on our posts.

## Want to help support our cause online?

We understand that some people want to become involved on social media by using their own platform space to spread positive messages to survivors around experiences and recovery, challenging rape myths and raising awareness. If this is something you are thinking about, we have written a handy guide about us, some of our key messages and how to keep yourself safer online.

## Suggestions and feedback

We strive to create posts and share information which is useful to everyone. As part of this we might focus on specific issues, dates, events or survivor groups, while other messages might challenge wider attitudes and understanding. We are always happy to hear your feedback on our social pages and ideas for future content. The best way to do this is by using the feedback page on our website: <https://nottssvss.org.uk/feedback-questionnaire/>

## A note on self-care

It is very important to us that you are able to join us online in a way that is safe and meaningful to you. We know that talking about sexual violence and abuse can sometimes have a personal impact. This can be especially true if you are a survivor or you have received a negative response to something you have posted or shared. If you are being affected by this, it is okay for you to take a break and choose to do something nice for yourself.

We never engage with trolls and we do not expect you to do so either. Limiting interactions, silencing and blocking accounts are all valid ways of dealing with people who are causing you harm.

If you need any emotional support for things you have seen or experienced, you are welcome to phone our helpline on 0115 941 0440 or contact us online: <https://nottssvss.org.uk/contact/>