



**& West London  
ME Group**

## **WhatsApp Groups and Email Network Code of Conduct**

**\*\*\*PLEASE READ CAREFULLY\*\*\***

### **1 Consideration for others**

R&K & West London ME Group is a support group. We're all in this together to create a welcoming non-judgemental and compassionate environment. Be respectful to and considerate of other members. No hate speech, bullying, swearing, or messages in capitals. Degrading comments about race, religion, culture, sexual orientation, gender or identity will not be tolerated. No sexual content of any sort.

Any messaging causing offence to another member will be taken down if this is deemed appropriate.

**If you are upset by another member's post, please do not reply.**

Instead please let us know what the issue is and how you feel about it.

**e-mail your issue to:**

[zena.carter.01@gmail.com](mailto:zena.carter.01@gmail.com) or [randkmegroup@yahoo.co.uk](mailto:randkmegroup@yahoo.co.uk)

### **2 Safeguarding**

**2a No medical advice.** This group is not here to treat you, diagnose you, give you advice on medications, supplements, therapies or interpret test results. Vaccination is a personal medical decision, please do not post anti-vax comments of any sort.

**2b Personal experience only,** using "I" and "me" statements. (E.g. "this helps me", "I do this."). Share your symptoms and diagnoses, and what you do about them. But remember that we are all different. Don't advise others on what they should try or do. Remember that what works for you may not work for someone else. No fear-based content as this has caused upset in the past.

**2c Be careful in making claims.** We may ask you to provide a source for general assertions and we may take down or correct any post where we feel the information posted may be dangerous to our members, is duplicated, has become heated or breaks Group rules.

**2d Guard members' privacy.** This is a closed group. What's shared in this group should stay in this group - do not forward messages from this group to non-members. If you would like to do this you must get the personal agreement of all parties involved

### **3 Sanctions**

Moderators will review any posts reported and contact any parties involved. If the problem cannot be resolved, they may block posts from the member/s concerned for an initial period of 3 months.