

General Purpose and Ground Rules for Creative Expression in our Community



Purpose

SANE provides digital platforms for its community to express thoughts/views of mental health related topics, creatively.

We accommodate facilities to share art, poetry/blogs and audio clips within our site. This is given and received mutually between users. All users must be over the age of 18.

Important - registering and personal responsibility

Registering with SANE requires you to be willing and able to engage with others in the spirit of mutual support.

You are expected to take personal responsibility for your participation in our community, accepting and applying the guidelines provided.

Role of Artwork

We provide an Image Gallery where users can display their appropriate artwork/ photography for the community to view and comment on. You will await consent from SANE before this goes live on the page.

Role of Audio/Video

We provide an Audio Gallery and a Video Gallery where users can display their appropriate music/videos/voice clips/video clips for the community to view and comment on. To share your pieces on here, please contact info@sane.org.uk. Any submissions will require the subject line to be:

Audio/Video Gallery, with reference to your name – Audio/Video Gallery: xxx .

In the email, you will need to provide an appropriate mp3/mp4 file of your piece, accompanied with a short paragraph on what it is and how this form of expression has helped you, along with a relevant photo. Please state if you wish to remain anonymous.

Role of Poetry/Blogs

The blog is primarily a space where users can express their thoughts/opinions based on the months' topics safely, under moderation. This can be done in prose or through poetry. Content posted will be assessed and deemed if appropriate before going live on the page.

Guidelines and Ground Rules

The guidelines and ground rules are built around the expectation that users take responsibility for their presence and contributions in the community. SANE moderators will only step in if necessary.

They outline the practicalities of personal responsibility, including tools to enable you to manage your contributions and responses to the difficult interactions or other challenges that arise as part of any group or community interaction.

The Role of Moderation

The role of moderation is to ensure the wellbeing of the community as a whole, through supporting the objective of facilitating mutual support. They ensure users' content complies with the ground rules.

The moderation role also includes taking an overview of interactions, acting as necessary when members do not appear willing or able to take the personal responsibility expected.

General Purpose and Ground Rules for Creative Expression in our Community



NB: Please accept and apply all general rules and guidelines if you wish to use these facilities. If, at any point you are unable or do not wish to accept and apply the ground rules or guidelines, please refrain from using these platforms.

Please accept and respect the actions of the moderating team. Moderation actions are guided by the expectation that members agree to the principle of taking personal responsibility for their contributions and presence on the digital platforms.

1) Personal Protection

Identifying details – do NOT post any personal identifying or contact details as this is an openaccess site. The moderating team reserve the right to remove such content. and applying the guidelines provided.

Sharing personal details – consider carefully any decision to share any of your personal details in any way with other user/s.

Meeting other users/s – consider seriously any plans to meet other user/s. It is YOUR responsibility. If meeting, ensure sensible precautions are taken, eg let someone else know about arrangements, meet in a public place, arrange a limited meeting, ensure that someone meets or contacts you at the end of the meeting.

Privacy of others – do NOT post other people's personal details, including photos. Such material will be removed by the moderating team.

Details or photos of anybody under the age of 18 are not permitted.

2) Accounts

Use one account / identity only in the community. The moderating team will take action to address any breach of this guideline.

Do NOT allow others to use your username/log-in or password.

3) Confidentiality

In accordance with our confidentiality and safeguarding policy, we would consider the need to share information about you with other agencies if you share something with us that makes us think:

- You or someone else is being hurt
- Your life or the life of someone else is in danger
- You have harmed someone else or you plan to harm someone else
- If you have to ask us to tell someone else that you are being hurt, you are in danger or you have hurt someone.

If you are under 18, we may also share information if:

- We are concerned that your mental health is poor; are in a current crisis and not in touch with mental health services
- We are concerned that you could seriously hurt yourself
- You are having suicidal thoughts and that you may act on those thoughts

General Purpose and Ground Rules for Creative Expression in our Community



If you want to understand more of our confidentiality policy, refer to accompanied PDF, Sane's Confidentiality Policy or contact info@sane.org.uk.

4) Usernames

Choose sensitively – be mindful of the potential triggering effects of usernames. The moderating team reserve the right to address the use of potentially triggering names. Changing your username – please contact the moderating team to do so, at info@sane.org.uk.

5) Posting Links

Do NOT post links to websites for commercial or advertising purposes. Any action taken is at the discretion of the moderating team.

6) Generalisations

When expressing difficult feelings about a situation, please confine posts to a reflection of your personal experience, eg 'I've had difficult experiences with profession/service/gender' etc, rather than 'All profession/ service/ gender are bad.'

A wide range of people use these platforms, and generalisations may feel excluding.

7) Social Networking / Sane Social Media Community / Other Forum

You may use social networking sites, SANE's social media community and/or other Internet forums.

These are distinct from the digital platforms, with different objectives and functions. However, posting your material allows us to share them through our social media platforms, in post form, with relevant links.

Please confine your material on our digital platforms to matters relating to each creative field. The moderating team will take action as necessary with regard to this guideline.

8) Reports

If you have a concern about a particular post, you can contact info@sane.org.uk providing a reason why the post is not appropriate, accompanied with the relevant link.

All reports will be read by the moderating team; action may be taken if appropriate. Reports will NOT be responded to directly. If you wish to communicate directly with the moderating team, please email info@sane.org.uk.

9) FAQ's

The Support Forum Board Index contains a link to FAQ's which contain some useful information about the using the site software that you may find helpful.

Please note:

Guidelines and ground rules will be periodically reviewed and updated.

Any changes or amendments will be announced on the SANE website.

NB: Comprehensive guidance is provided to enable you to take personal responsibility to manage your presence on the digital platforms. SANE cannot take any responsibility for any distress that may arise from use of these platforms.