

Rules

This is a difficult time for so many people - and many people are stressed and anxious. We believe it is important to provide a positive and supportive space of respite for Group Members, a place where kind action is reinforced and good information about health and services is provided. Therefore, we have had strict rules about what is posted and also about being kind in comments. Here are some of the rules we have developed, we invite you to copy, paste and localise these for your group.

Conforming with Government Guidelines

We expect you to know what your Government Guidelines on prevention of the spread of Coronavirus and to make sure that your post does not include any information that breaches these guidelines. Therefore we will not approve the following posts:

1. We will not approve posts that provide health information that breaches Government guidelines
2. We will not approve posts that describe recipes for making hand sanitiser or masks
3. We will not approve posts that clearly breach social distancing rules - and we expect you to ensure your posts conform with Gov guidelines. You need to take responsibility for this as we are not across the Gov guidelines from around the world.

Rules about who can join

1. Any individuals from XXXX (insert name of local area)
2. We do not accept memberships from businesses, services, groups and organisations - we ask businesses to join as individuals. You may wish to revise this law to include local businesses

Rules about posts

Adapt these rules to the needs of your group. Be really clear with group members what you expect. This is particularly important at this stressful time

1. **Post about ACTS of kindness:** all posts must focus on acts of kindness - you or other have already done to help people impacted by Coronavirus. You may also like to include health information, or information about local services - be clear what is acceptable and what is not
2. **Use the hastag:** please add our hashtag #TheKindnessPandemic it will help us to connect across the world
3. **Be kind in your comments:** Please affirm what others have done where appropriate - the current levels of stress can mean that some people are not kind in their comments and this creates additional stress
4. **Report a problem:** tell us if you see something that shouldn't be there
5. **Don't share personal details:** don't share your personal details (phone, email etc) in a post or comment - if you want to connect with someone please message them
6. **Visibility and repeats:** if we cant see the content in your post or if someone else has already shared it (this is particularly for news items) we will delete it
7. **Business links and spam:** do not promote your own business
8. **Action focused:** there are some very lovely, kind and important posts being put forward for approval - if they are not focused on acts of kindness they will be deleted

9. **Profanity and swearing:** if your use language people find offensive - chances are you are also being unkind - your comments will be blocked.

Rules about comments

We ask that all comments are consistent with the framework on kindness. Group members tell us that kind comments from other groups members gives them a lift. You have the power to affirm others. If you are not kind in your comments, your comment will be deleted and you will be blocked. Please report any comments that are not kind. Other rules for comments are:

1. Be kind in your comments
2. Please affirm what others have done where appropriate - it fuels the revolution
3. Don't share personal details - if you want to connect with someone please message them
4. Profanity and swearing: if your use language people find offensive - chances are you are also being unkind - your comments will be blocked
5. Report a problem: tell us if you see something that shouldn't be there
6. If you don't like what others are commenting - turn off the comments to your post