

## EDFV Chat room & Message board Guidelines

The EDFV chat is provided to give people living with an eating disorder the opportunity to communicate with others and be able to give and receive the mutual understanding and support that are vital along the road to recovery. Our Guidelines are designed to ensure that our chat provides a safe and supportive environment.

### Peer support

The chat is designed to provide peer based support. Regardless of any skills or qualifications we may have, chat is not intended to provide counselling, medical or professional advice. Before acting on any suggestions from any member, it is a good idea to discuss anything you hear in chat with your doctor.

### Personal Responsibility

To ensure our chat is a safe and supportive environment for all, it is important to take personal responsibility for both your behaviour and your health and wellbeing.

If you feel that something is having a negative impact on you, please either:

1. Ask to speak with a moderator privately. The moderator can then invite you into our private chat room where you can explain what is happening for you and together with the moderator consider the best way forward.
2. Leave the chat and send an email ( [admin@edfv.com.au](mailto:admin@edfv.com.au) This email address is being protected from spam bots, you need Javascript enabled to view it ) explaining what was happening for you. This can provide valuable feedback and learning / improvement opportunities for 'our chat'.

### Caring for each other

Be aware of the impact of your behaviour / what you say on others.

We want our chat to be a positive experience for all and to be helpful in learning to deal effectively with / recover from an eating disorder.

Some 'no go' areas are listed below.

If someone is behaving inappropriately or in a manner that is irritating / offensive to you, please either don't respond at all or respond in a manner that is going to diffuse the situation rather than inflame it. The chat moderators will address the situation to minimise any negative impact on other members.

### Privacy and Safety

Do not request or provide any of your personal information or contact details to others in the chat room. This includes location, email addresses, msn, etc. If someone asks you for any contact or personal information, gently remind them that for the safety of all, the sharing of that information is not allowed in our chat.

(Both person asking and person being asked are to be immediately muted so details cannot be exchanged. Moderator to firmly reiterate guideline and reason and ask participants to please go and read guidelines and agree to abide by them before returning to chat.)

## ***'No Go' Areas for message board posts and chat room***

### **No numbers (weights, BMI, calories, etc.)**

No use of numbers [related to weight, calories, BMI, clothing size, desired weight-loss goal, how many days you've gone without eating, how many times you've purged, etc]

### **No "tips" or "bragging"**

No sharing "tips" on how to perpetuate an Eating Disorder - including tips on how to lose weight, how to purge, types of diet pills to buy, or promoting any other self-destructive behaviors that can be a part of having an eating disorder. We do not allow any type of "bragging" about your behaviors, or bragging about how "good" it is to have an ED.

### **No links to negative and triggering websites**

Please do not post any links to websites that may contain negative and triggering content, that may encourage others to participate in Eating Disordered behaviors, that brag about having an eating disorder or considers having an ED an achievement or lifestyle, and/or that contains highly triggering content.

If you are aware of a website that may be helpful to others, please send a note to [edfv@eatingdisorders.org.au](mailto:edfv@eatingdisorders.org.au) This email address is being protected from spam bots, you need Javascript enabled to view it letting us know the url and why you think this site may be good for others. We will then check it out and will include in our links page so that all can find it easily.

### **No links to personal diary, journal or blog websites.**

Please do not post any links to any personal websites as these usually do contain triggering content. Journals are meant to be private. They are often a helpful tool in your recovery in talking about how you feel – but they are not meant to be a place to share all the gruesome details and methods of your ED, or your calorie intake and weight.

### **No duplicate accounts or usernames**

You can only have one registration / username as it can be very disconcerting when one person has multiple usernames.

If you would like to change your username, let us know and the EDFV team will be able to organise this for you.

If you lose or forget your username and/or password send an email to [admin@eatingdisorders.org.au](mailto:admin@eatingdisorders.org.au) This email address is being protected from spam bots, you need Javascript enabled to view it and include your date of birth and postcode and we will be able to send your username or reset your password.

If you have any problems registering for or entering our chat, please let us know and we will be able to help you.

Remember, you set the scene for chat. The moderators are here to ensure that the chat is a safe and supportive place for us all to connect with others and support each other on our journeys.

If at any time you consider that a posted message or behaviour in the chat room is objectionable please contact our moderators immediately at [admin@eatingdisorders.org.au](mailto:admin@eatingdisorders.org.au) This email address is being protected from spam bots, you need Javascript enabled to view it .

We have the ability to remove messages and / or withdraw access to a member at any time and we will make every effort to do so within a reasonable time frame as appropriate.