

BCCNS Life Support Network Forum & Chat Rules and Guidelines

To help you gain the most from the BCCNS Life Support Network Forum and Chat sites, please familiarize yourself with the rules and guidelines below for participating in the message forums and chat rooms. These rules and guidelines are designed to help give a better understanding of what behavior is expected and make your experience more enjoyable and safe.

This is a **User to User**, English only Support Forum. Information or opinions contained in any posts are those solely of the user making the post and in no way is validated by or the opinions of the BCCNS Life Support Network, this includes those of our moderators. Use of any information on the forum or chat is done so **AT YOUR OWN RISK**. While we may at time respond to posts, BCCNS LSN makes no warrants or claims regarding the validity of any information posted by users on the forum or chat nor do we review posts for accuracy of information.

Overall Community Attitude

1. Keep in mind that the BCCNS LSN forum and chat is intended for family use. Please refrain from using any vulgar language that would offend someone else.
2. Our purpose is to share, help and support others.
3. Always display a positive, friendly attitude.
4. Be respectful of others' opinions.
5. Allow your fellow members to voice their opinions.
6. **DO NOT** deliberately start arguments. Debates are great, as long as they remain respectful!
7. Always try to "give" back to our community. For each time you find help or answers here at the BCCNS forum or chat, try to help someone else out in return. You may find that what goes around comes around.
8. Give people a little time to respond to your requests. There's a lot going on in this forum and it may take a little time for people to notice and respond to your request. Please be patient.
9. **DO NOT** just make a negative statement and leave the person hanging out to dry. Although you may consider yourself to be an "expert" now, try to remember that we were all new and learning once upon a time. Take it easy on your fellow members!
10. We want the BCCNS forum and chat to be open to people of all ages, genders, races, religions, and sexualities, so any inappropriate or offensive posts will be deleted.

Rules (DON'Ts):

1. **DO NOT Make Inappropriate or Offensive Posts** - including threats, harassment, swearing, prejudice, slander or deliberate insults/name-calling, or other negative remarks about BCCNS LSN, its moderators and administrators, volunteers, or your fellow members. Even if this is just your own personal opinion, **RESPECT YOUR FELLOW MEMBERS**. Using asterisks or other symbols in place of letters does not make a word okay to use. If wouldn't say it in polite company, you shouldn't say it here.
2. **No discussion of any illegal activity or threats of violence.** (i.e. illicit drug use, including medical marijuana use, threats of suicide or self-injury, or threatened or intended physical harm). Discussions of suicide or self-harm that are deemed negative and therefore potentially injurious to others are also not permitted.

3. **No use of explicit, obscene or vulgar language or images and/or messages, including racist remarks.** Please, no pornographic material, adult content, or links to it. This also includes sites promoting activities such as drug abuse, gambling and links to sites containing such content. If it is not fit for family members, it is not fit for here. **Don't Do It! We have a 0 tolerance policy on this issue.**
4. **No posts that attack, insult, "flame", or abuse members or guests.** Respect other members of the community and don't belittle, make fun off, or insult another member. Decisions about health and well-being are highly personal, individual choices. BCCNS LSN provides this site for our users to gather and discuss BCCNS, treatment approaches, research, etc. You are free to disagree with others, but if you stoop to personal abuse or attacks, your post(s) will be deleted. If you ARE insulted please report the post, but DO NOT retaliate.
5. **No Advertising/SPAM or Solicitation.** Do not use this site as a redirector or gateway to another site for the purpose of collecting click income or advertising. Although there are times when a link to another site is necessary for helping or answering a question, this site reserves the right to determine what is and is not SPAM. Any SPAM will be immediately deleted and the user warned. Likewise, this is not your personal "for sale" board to advertise items. There are other sites out there that allow you to sell your items.
6. **No Trolling or Flame Wars.** Trolling and/or attempting to bait others into a flame war will not be tolerated. This includes political commentary. Any posts we deem to fall in this category will be deleted.
7. **Do not post off-topic.** Please keep comments consistent with the subject and purpose of the conversation thread. Deliberate disruptions such as consistent off0topic and/or frivolous commentary will not be tolerated and will be deleted.
8. **No use of multiple usernames.** Please register and use only one username for the forums. Posting under multiple user accounts will result in administrative action (i.e. banning).
9. **No posts of copyrighted material.** Information copyrighted or owned by any individual or entity other than the person posting should not be posted on the message boards without the consent of the owner.
10. **No posts of lengthy articles.** Sharing information is allowed, but the forums are not to be used to publish articles. It is an improper use of critical forum resources.
11. **No posts of an overtly political or religious nature OR posts promoting advocacy of particular personal, medical, legal, religious, political, or non-profit causes.** The forums are intended for offering mutual personal support. Debating controversial subjects should be taken elsewhere. Limited religious references are allowed (i.e. "my prayers are with you" or a brief quote as part of a larger post), but the forums should not be used to convert others.
12. **No cryptic posts.** Using cryptic messages to "skirt" the rules is not permitted.
13. **If it shouldn't be viewed by minors, then it shouldn't be posted to the forums or chat rooms.** This is a public, family-friendly forum. In addition, if something would not be considered "work safe" (to a boss or co-worker), then it shouldn't be posted.
14. **Do not disrespect moderators.** Be respectful in both the forums and any private communications with moderators. Moderators are **volunteers** that donate many, many hours of their own time to help in the forums and chat rooms. Violations of this rule will not be tolerated.

15. **No SHOUTING.** Remember, using ALL CAPITAL LETTERS in posts is considered yelling and rude, plus it is difficult to read.
16. **Do not post personal contact information (i.e. your home address, phone numbers, etc.) and do not ask for personal information from others.** Use of your email address is acceptable. Members have the right to refuse to give out any and all personal details.
17. **No duplicate or repeat posts.** If no one answers your question or responds to your post, please "bump" it rather than posting it again. Posting the same question over and over or in every topic area will just annoy people and will not get answers.
18. **No irrelevant or off-topic posts.** Posts which are not relevant to the forum topic may be deleted at the moderator's discretion.
19. **No lengthy signatures.** Limit signatures to 10 lines or less. Moderators will edit and/or remove signatures that are too long.
20. **Signature Restrictions.**
 - Maximum length: 3 lines
 - No images or cookie requests allowed.
 - You may link to your site, but no illegal, pornographic or otherwise objectionable links are allowed.
 - No more than 3 links per signature.
21. **Font Restrictions:** Do not use excessively large font sizes, as it is considered to be "shouting" and will be edited back down to the default size by the moderators.
22. **Do Not impersonate anyone whom you are not, regardless of who the other individual may be.** Identity theft is illegal and will not be tolerated.
23. **Members who are impaired by drugs or alcohol will be asked to leave the chat until they are sober.**

Guidelines (DO's):

1. **Post in the Appropriate Topic Area.** Please read each topic description before posting to ensure you are posting in the correct area. Off topic posts will be removed to the correct topic area.
2. **Use descriptive titles for new posts.** Avoid "generic" post subjects like "Help" or "Question". You will receive a better response to your posts by being more descriptive about the content of your post.
3. **Use good judgement.** NEVER rely on information or opinions exchanged via the forums or chat rooms to replace necessary, personal consultation(s) with qualified health or medical professionals to meet your individual health or medical needs. Remember that what's right or has worked for one person may not be what's right for you.
4. **Lend a helping hand.** A bit of compassion can go a long way toward helping people with life's challenges and reaching out can help alleviate feelings of loneliness. We're all different, but we're really all the same. At sometime or another, we all need or want help or simply someone with whom we can share our burdens or successes.

5. Don't be afraid to share. If you're feeling alone or hurting, don't be afraid to share your fears and tears. If you're rejoicing about the results of a recent medical test or treatment, share that too.

6. Welcome new members. When newcomers arrive, say "hi" and welcome them. Help new folks "learn the ropes" about how to find information and resources, save time, and how to get involved. You will also find a lot of [help](#) using the forums themselves.

7. Respect what other forums have to offer. Because we realize members of BCCNS LSN may also be members of other forums, do not try to degrade or discredit other forums, their administrators and moderators, or their members. This includes slander and

8. Please report any member whom you feel to be in violation of these rules to a Moderator or Site Administrator immediately.

Please Remember:

Users that do not abide by the rules may be subject to having their posts edited or deleted, their member account permanently banned from further access and/or deleted without notice.

Rules and guidelines may change at any time, please re-read them regularly.

Forum or Chat Abuse Policy

- 1st Offense – A polite Private Message from the site administrator pointing the Forum and Chat Rules, in addition to the editing or deletion of the post.
- 2nd Offense – Public warning on the message board plus deletion of the posting.
- 3rd Offense – Site Administrator will discuss the offenses with a committee of the Board of Directors and possibly ban the user from the BCCNS LSN forum or chat site.