

DBSA San Diego Facebook Principles & Guidelines

*By participating in the DBSA San Diego Facebook group, you agree to follow these guidelines and to have your posts moderated.

Be Kind - we should be building each other up not tearing others down.

DBSA San Diego tackles serious life-and-death issues. There are real people behind each post or comment and many of them are struggling and need help. Before responding, try to give people the benefit of the doubt and think about how you'd feel as the recipient of your contribution. Is it appropriate? Is it helpful?

If you post something negative about another group member, it should be removed. It can be discussed offline or through private message. The rest of us watching doesn't help.

Be Relevant - Posts should be things that make us better and stronger as a group.

This can be very broad in scope as pretty much anything we are doing and thinking is reflective of our mental state at the time of posting. There is a difference between a stream of consciousness post about what thoughts are swirling around in our heads and saying, "Hey, everybody! Socks on sale at Costco."

Be Respectful - It is everyone's responsibility to make the FB group a safe place to share.

Sometimes a group member may be reaching out or even in crisis and their post will get drowned out with repeated posts of pictures or otherwise. This is like someone in the physical group not letting others have a chance to speak. Speak up if you see someone going unnoticed.

Be Aware – Facebook is different than group.

Keep in mind, Facebook is NOT group. It does not have the same types of protections or purpose as an in-person group. What you share on this Facebook group may or may not be kept in confidence. This type of interaction can be incredibly powerful and helpful, but it is not for everyone. Consider it like Ralphs online.

We Encourage:

1. Respect, both for self and others
2. Sharing what works for us in recovery - experiences, strength & hope
3. Sharing new info & evidence-based research about mental health (articles, journals, magazines, etc.)
4. Asking for help when you need it and accepting what's given.
If you post that you are suicidal, you must accept help.
5. Being assertive & practicing healthy boundaries. (This means saying what you really think/feel, asking for what you need, and saying no to requests or demands you can't meet.)
6. Using I Statements – speaking non-judgmentally from your own experience, not giving advice unless asked.
7. Trying new coping skills
8. Making friends and being social
9. Sharing local mental health resource and event info
10. Celebrating you!

We don't allow:

1. Sharing info about someone else without their permission.
2. Personal Attacks/Harassment
 - Posts or comments that directly or indirectly insult another member.
 - Threats of violence or harm to another member.
 - Provocative posts/comments with no scientific basis designed to antagonize others (“Cancer only strikes stupid people,” “The FDA is killing us.”)
 - Attacking someone because they attacked you. If you don't like what someone has to say, block them.
3. Spamming (chain mail, advertising, etc.)
4. Ganging up on other members.
5. Graphic or detailed descriptions of trauma or abuse.

6. Attempts to diagnose or prescribe – Discussing medications and treatments is important. Just remember each person’s experience with a doctor or medication is different and does not mean you will have the same response.
6. Imposing or Disrespecting Religion - DBSA San Diego has no religious affiliation, though we recognize religion/spirituality can play an important role in recovery. We must respect other members’ differing religious beliefs, and do not assume that others subscribe (or want to subscribe) to yours.
7. Excessive posting of any kind - If the only posts you see on the DBSA San Diego feed are yours, you are probably posting too much.
8. Photos or videos of:
 - Self-injury or suicide
 - Dead bodies
 - Nudity
 - Violence
9. Hijacking threads - Try to stay on topic when commenting.
10. Pushing politics – A healthy level of debate is okay but stay away from mud-slinging and respect each other’s views.

Special Note about Events in the DBSA San Diego Facebook Group:

If you create an event from within the DBSA San Diego Facebook group, every member (approx 300) will be invited to it and it will appear to be an official DBSA San Diego event, whether it is or not. This can cause confusion.

To make your own event & share with DBSA - Create the event from your own FB page. Make sure the event privacy is set to Public. Then share the event to the DBSA San Diego group.

To make an actual DBSA San Diego event - check with one of the board members first to make sure they’re cool with it. Write in the event that it is NOT an official DBSA San Diego event.

How these guidelines are enforced:

When a moderator reads or is notified of a possible problem post:

1. Moderator may redirect the person in the form of a comment OR
2. Moderator will private message the person a warning and remove the post/comment. (Removed content is saved by moderator).
3. After 2 private warnings and removal of content, if the problem continues a formal warning will be given to the person - written or in person.
4. If the problem continues, the person may be invited to a board meeting to discuss the issue and negotiate a plan OR, if the person will not participate, moderator may post the person and issue directly on the FB page. Consequence - 3 day break/time-out or 2 week ban.
5. If the problem continues after the person returns, after two more warnings the person may be banned permanently from the DBSA San Diego Facebook group. If this happens, the moderator will inform the Facebook group.
6. If in the future the person wants to be readmitted to the Facebook group, they will need to talk to the board of directors.

Who are the moderators?

Joe and Michelle

Disclaimer: DBSA San Diego's main website and Facebook group are to be used for informational purposes only. What you read on DBSA San Diego's website or Facebook group is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have about a medical condition. Never disregard professional medical advice or delay in seeking it because of something you see here!