

If you're not sure- ask!

We all come from different walks of life. Conversations are complicated and healthy debates are natural. We accept respectful and open discussions as long as everyone feels seen and heard. However, we will not accept any form of discrimination, and it may result in you being removed from the Facebook group/banned from Small Group Coaching. If you're unsure about any of the following rules, please send us a message :)

Respect everyone's privacy

Being part of this group requires mutual trust. Authentic, expressive discussions make groups great. However, considering this group is about unfair conversations in relationships, it is most likely that the content is often sensitive and private. What's shared in the group should stay in the group unless prior permission is received. Following on from this, do not send friend requests/messages to members without permission.

Be kind and courteous.

We all play a part in creating a welcoming environment. Let's treat everyone with respect.

We are passionate about the TalkingWise framework being available to all. However, we cannot ignore the power structures that give cis-men the upper hand in controlling behaviour. We will carefully moderate this group to avoid misogynistic behaviour or tendencies tainting the community. Please be respectful, understanding, and willing to listen in this space.

No unsolicited advice

Helpful guidance, support or insight is fantastic for generating connections and making folks feel heard. However, unsolicited advice is different from that. Make sure you ask permission before giving advice to someone in this group.

No hate speech or bullying

Make sure everyone feels safe. Bullying isn't allowed, and degrading comments about race, religion, culture, disabilities, sexual orientation, sex, gender or identity will not be tolerated.

Being open to gender and sexuality expressions

This is an inclusive group. It's important to keep your mind open to other folk's gender identities and sexualities to ensure a safe, welcoming group for everyone. We understand that gender is fluid, but we invite folks to share their current gender pronouns. If you're cis-gender and new to using pronouns such as they/them, that's ok. The key is to be respectful and apologise or accept a correction if needed. That said, disempowering behaviour will not be tolerated.

Racism of any kind will not be tolerated

Appropriating other cultures' fashion/speech/gender identities and speaking over BIPOC and POC alike is unacceptable. People make mistakes, but being argumentative instead of trying to learn and do better will not be tolerated.

No ableism

Any form of ableism will not be tolerated.

Trigger warnings and content warnings

Please use trigger warnings and content warnings on particularly sensitive posts. Run it by us if you're not sure.

No promotions or spam

Give more than you take in this group. Self-promotion, spam and irrelevant links aren't allowed. Please message us if you really feel you have something beneficial to share, and we will consider it.