



Kingdom Abuse Survivors Project
Supporting Survivors of Childhood Sexual Abuse
in Fife

Forum User's Agreement

I hereby acknowledge that I am requesting access to utilise an information sharing portion of the KASP's web site and that my participation in any of the online forums provided on this web site is contingent on my agreement to the following statements:

1. The posts on the forums are provided for information only. Kingdom Abuse Survivors Project (KASP) makes no claim as to the accuracy or helpfulness of any posts. KASP cannot guarantee the accuracy of biographical information posted on the forums. Posts are made by individuals who are in similar life circumstances, but it is each member's responsibility to assess their own needs, to act in their own best interest and to obtain medical/professional assistance specific to their needs. The KASP forum is NOT a substitute for medical/professional intervention/advice/therapy forum as the forum space is intended to be used for two way mutual support.
2. Each member of each forum will be respectful and tolerant of other users. Flaming (see addendum at end of this agreement) will not be tolerated. Members will not knowingly or willingly post any material that is hurtful to other members. To do so is reasonable and just cause for temporary or permanent banning from KASP's forum.
3. Every reasonable effort has been made to provide a reliable, safe venue for members to share information via this electronic medium. As with any electronic medium, there is some risk. Users are advised they assume any and all risk involved in participation in the forums and are encouraged to utilise a nickname and refrain from posting email addresses, phone numbers etc. We would also urge members not to disclose any information about yourself, such as, where you live, colleges or universities that you attend, or where you work, if postings include this type of identifiable information, the moderator will edit it for your safety.

4. As a public forum KASP is aware that there may be unscrupulous people attracted to such venues, if we suspect that a member is a perpetrator or impersonating or deceitfully disguising themselves as a survivor of childhood sexual abuse, the member's IP address will be banned permanently.

5. The forum is based on a self-help model. Members may post messages of support and share strategies they have found helpful in coping with their life circumstances. Members may post messages requesting support from fellow members, however do so in full awareness that other members may or may not be available to offer that support at any given time. The members of the forum cannot take the place of individual therapy work or face-to-face support groups; they may be able to support you but it is not their role to help you to change behaviours or to move out of a crisis. It is therefore unacceptable to post messages indicating an intention to injure oneself or to commit suicide. In such cases it is the responsibility of each member to find professional help. Please read our Policy Regarding Suicide and Self-Harm (below). It is also important to note that members may post messages of support but it is unacceptable for members to take on the role of therapist/counsellor/advisor in the forum.

6. The forum is moderated on a regular basis by KASP. Moderators will remove or edit any post they feel is inappropriate or offensive. Forums are not moderated on a continuous basis and given the interactive nature of the forums, KASP cannot guarantee that all messages posted are appropriate. Members are advised that they assume all responsibility for any risk of viewing inappropriate messages. Should a member experience a message as being inappropriate, they are encouraged to email the moderators and the message will be removed in as timely a manner as possible. Decisions of forum moderators are final and KASP reserves the right to remove or edit any post at any time.

7. All contents of any forum which is password-protected are to be considered confidential; no information posted on the forums should be willingly shared with anyone outside the specific forum, and in the spirit of protecting each member's privacy and anonymity, investigation into members' private lives outside of the forums is inappropriate. Any breach of these issues of confidentiality or privacy may be considered reasonable and just cause for reprimand, or temporary or permanent banning of the offending member from future use of the KASP forum.

8. We must ask you to refrain from posting a message that names a perpetrator or may be defamatory in nature. We must also ask that Forum user's refrain from naming individuals or organisations, including those that you disclose personal information to, in doing so you make yourself identifiable! Remember, this is a public forum. Anyone can see what you type here, so keep this in mind, if you are involved in any sort of litigation.

We do not hold any identifiable information on forum users, however, we would like to stress that no forum is totally anonymous. All posts on all forums include your "IP address" which can be used to trace the Internet Service Provider you are using, making you identifiable.

9. Due to the nature of the forum, there may be posts which are very graphic in nature; these may include such topics as rape, violence, abuse, death, suicidal feelings, etc. Each user assumes responsibility for establishing and maintaining appropriate boundaries for themselves. Users release KASP and its agents from any and all moral/legal responsibility for their personal response to such messages.

10. We do not monitor linked websites via hyperlinks embedded in forum user's posts. Given the continually changing aspect of websites, KASP is not responsible or liable for the content or accuracy of information that is contributed by users to other linked sites. We will, however, remove links to material that we feel is inappropriate as we become aware of them, including any advertising material or copyrighted material posted without the owner's permission.

11. In order to encourage an atmosphere of sensitivity, users will utilise "Warning" labels on any messages with potential for triggering other members.

As with any growing service, occasionally, it will be necessary to modify and update this users' agreement. Should this occur, the 'new user's agreement' will be posted on KASP's website. KASP holds each user responsible for having current knowledge and understanding of the users' agreement.

Cookies must be turned on in your browser to participate as a user in KASP's forums. Cookies are used here to hold your IP address, username, password and viewing options, allowing you to login. Use of the KASP forum constitutes acceptance of the current users' agreement and as such, releases KASP and its agents from any and all liability.

KASP

Policy Regarding Suicide and Self-Harm Postings

Posting Messages that Suggest Intent to Self-Harm or Commit Suicide: Guidelines and Consequences

The following information is based on the fifth guideline of the Users' Agreement:

"5. The forum is based on a self-help model. Members may post messages of support and share strategies they have found helpful in coping with their life circumstances. Members may post messages requesting support from fellow members, however do so in full awareness that other members may or may not be available to offer that support at any given time. The members of the forum cannot take the place of individual therapy work or face-to-face support groups; they may be able to support you but it is not their role to help you to change behaviours or to move out of a crisis. It is therefore unacceptable to post messages indicating an intention to injure oneself or to commit suicide. In such cases it is the responsibility of each member to find professional help. Please read our Policy Regarding Suicide and Self-Harm (below). It is also important to note that members may post messages of support but it is unacceptable for members to take on the role of therapist/counsellor/advisor in the forum."

Messages that suggest an intent to commit suicide or to hurt oneself are not acceptable. We have developed a policy that provides consequences for such postings. The following are guidelines as to the type of messages that would lead to enforceable consequences:

- any suggestion that you are going to hurt yourself
- any suggestion that you have just hurt yourself
- any cry for help that requires an immediate response but contains no explanation (this is not a chatroom or talk line where help is immediate)
- any suggestion that you are going to try to end your life
- any suggestion that you have just tried to end your life
- any message in which you say good-bye without giving a reason such as a holiday or moving house.

The issue is the effect such a message will have on the other forum members. It threatens the sense of safety for all members within the forum. It is extremely difficult for someone else to read that you are hurting yourself but be unable to do anything to help you. It leaves others, who care about you, feeling very helpless. It is unfair for us to put our friends in healing in this position when we can avoid it. It causes too much hurt; it triggers too easily.

Even when you feel so desperate, you must take responsibility for your own feelings. If you are feeling suicidal or feel the need to hurt yourself, it is critical that you call for help! Call a crisis line in your area; call a friend who can come to help you; call a hospital; call the police. See also useful numbers below. Look for someone who can actually help you. Do not look for help from people with whom you only have internet contact. They cannot help you. Plan ahead of time, so that when those feelings overwhelm you, you will be able to put your plan into action. Have the appropriate phone numbers readily available.

If you do post a message about feeling suicidal or feeling the need to hurt yourself, you must let the other members know that you are talking about how you feel, and that you will not act on it. Try to be very clear about this, so that others do not worry unnecessarily, and so that your message is not misunderstood. If you are someone who has these feelings a lot, it might be reassuring if you share with others what you have done to prepare for the occasion when these feelings might get out of control and you need to ask for help.

Please note:

It is imperative that you label a message about suicide/self-hurt by including something like "warning - suicidal feelings" in your subject line. This is so that someone else who is feeling suicidal can avoid your message if they need to.

This policy may seem harsh; however, the emotional impact on such a large number of vulnerable people warrants such seriousness. The consequences of posting any messages that suggest an intent to commit suicide or to hurt oneself are:

- first time, no warning, immediate suspension for 30 days
- second time, no warning, immediate suspension for 3 months
- third time, no warning, permanent suspension

The forums are a great place to give and receive support. We hope that this information helps you to understand why it is so important that you do not post any messages that suggest intent of suicide or self-harm. We urge you, if you have any need, to be prepared for the times when you do need to call for help. The purpose of these guidelines is to aid you in knowing what to expect when you use the forums; we hope this policy never has to be enforced.

Important Notice – There are resources under the self help section of our web site to help people who find themselves in crisis.

KASP's

Forum Users' Agreement - Addendum

What is flaming?

Flaming is anything that is hurtful towards another forum member. It includes:

- calling someone by derogatory names
- accusing someone of something
- invalidating what someone says (this does not include respectful disagreement of an opinion, but it includes rejection of someone else's opinion, experience, or feelings)
- voicing anger toward another member
- the intention to discredit, harm, put down or ostracise another member

How can I avoid posting flaming messages?

When you need to talk about how you have been hurt by one or more members, it can be very helpful to use "I feel..." statements rather than making a direct accusation. If you feel the need to accuse a person of something, email KASP and we can then try and help you resolve this with the other person without involving the entire forum unnecessarily. Whenever you feel angry, do a double check to make sure that your anger is not directed to the person who is receiving your message.

By pressing the "Agree" button, you agree that you, the user, are 16 years of age or over and are willing to abide by the rules outlined above.

If you do agree with the rules and policies stated in this agreement, and meet the criteria stated herein, proceed to press the "Agree" button below, otherwise press "I Disagree".